



EVERY TUESDAY

GENTLE STRETCHING ONLINE WITH SYLVIA

6 OCTOBER - 15 DECEMBER 2026

6:00 - 6:45 PM

ONLINE VIA ZOOM

**These are sessions
for migrant women.
No experience required.**

To register: contact Rose at
projects@theground.org.uk
or on WhatsApp on +447438 288814

In these sessions we:

- Do gentle stretches to alleviate daily stresses in body
- Practice breathing exercises
- Focus on a different part of the body each week

"The instructor fills you with energy and vitality, making you feel that you can give more to your body and mind."

**This is a moment
for yourself - to
relax and connect
to your body.**