



EVERY TUESDAY

GENTLE STRETCHING ONLINE WITH SYLVIA

13 JANUARY - 24 MARCH 2026

6:00 - 6:45 PM

ONLINE VIA ZOOM

These are sessions for
migrant women.

No experience required.

To register: email Rose at
projects@theground.org.uk

In these weekly gentle stretching sessions we will:

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

"I feel much more energetic, flexible, agile, and less fatigued ... I'm more positive. I've learned to better enjoy the small details of life"
(Project participant, July 2025)

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