



IN CELEBRATION OF INTERNATIONAL YOGA DAY

RGS PARENT ASSOCIATION INVITES YOU TO ANOTHER FUNDRAISING EVENT

## MENTAL WELLNESS AND YOGA DAY

ON 15TH JUNE 2024 AT THE SIXTH FORM CENTRE, RGS  
WITH ALL PROCEEDS GOING BACK TO RGS

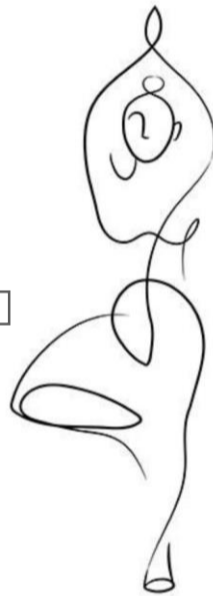
WELLNESS:



9.15 AM - 10.00 AM

WITH **RAMYA PILLAY**

UPLIFTING TOOLS AND BRAIN HACKS  
TO DE-STRESS AND MANAGE  
NEGATIVE EMOTIONS



YOGA:



10.15 AM - 11.00AM

WITH **NABANITA DAS**

YOGA BASICS FOR BEGGINNERS,  
BREATHING EXERCISED AND POSTURES/  
ASANAS THAT CREATE BALANCE, STRENGTH  
AND RELAXATION

DISCOVER YOUR INNER PEACE WITH YOGA AND MINDFULNESS

FEED YOUR BODY WITH SOME HEALTHY SNACKS - AVAILABLE TO BUY AFTER EACH SESSION

TICKET PRICES:

ADULT £10 FOR BOTH SESSIONS

CHILD £8 FOR BOTH SESSIONS

PARKING AT UPLYME CAR PARK OR OFF-STREET IN GREEN ROAD

TO BOOK PLEASE SCAN HERE

