

FREESTYLE FITNESS YOGA

As we return to lunchtime wellbeing sessions for staff, we would like to invite Western Trust Staff to a Freestyle Fitness Yoga Session.

Freestyle Fitness Yoga is a blend of Yoga inspired poses taught with modern fitness methods.

This 30-minute, low-impact exercise class will focus on strengthening, stretching and mindful breathing.

Participants are encouraged to follow the class at their own pace.

Session Location and Dates

Wednesday 16th June @ 1pm – Online session via Zoom

Wednesday 23rd June @ 1pm - Online Session via Zoom

To Register:

Complete the attached Health Questionnaire and email to: twist.west@westerntrust.hscni.net