**Community yoga**

I am often asked to run yoga sessions for specific groups. I can do these in person or online. They have worked well for hen parties, birthdays or business team building sessions.

I have also run chair yoga sessions in care homes, day centres, WI groups and for local Memory Cafes.

Children’s sessions have taken place at Kenton Primary School and cubs as well as family yoga sessions in Teignmouth.

Please contact me if you would like me to organise a bespoke yoga session for your group.