

Please see below some information about free online yoga sessions being held via zoom as part of Dry January Feel Good February .

I have provided a link below for each of the sessions. If you could register in advance of each session a link will then be sent to you to log on.

Please feel free to share this and if you have any issues/questions get in touch.

**DRY JANUARY FEEL GOOD FEBRUARY
ALTERNATIVES TO ALCOHOL**

**YOGA
ONLINE SESSIONS**

MONDAY 30TH JANUARY SEATED YOGA SESSION AT 12PM

TUESDAY 31ST JANUARY FAMILY YOGA SESSION AT 6.30PM

WEDNESDAY 1ST FEBRUARY MORNING YOGA SESSION AT 9.45AM

SUNDAY 5TH FEBRUARY MORNING YOGA SESSION AT 9AM

All sessions delivered by Zoe Kohner from Oakland Meadow Yoga. The sessions offer a group of physical, mental, and spiritual practices or disciplines that aim to control and still the mind.

**DRY JANUARY
FEEL GOOD FEBRUARY**

**drugsand
alcoholni** **HSC** Public Health Agency
"Addressing drugs and alcohol together" Project supported by the PHA

www.drugsandalcoholni.info

Day	Activity	Time	Link
Monday 30 th	Chair Yoga	12pm	https://us06web.zoom.us/j/91234567890
Tuesday 31 st	Family Yoga	6pm	https://us06web.zoom.us/j/09876543210
Wednesday 1 st	Morning Yoga for all	9:45am	https://us06web.zoom.us/j/12345678901 (Please note when registering it will say 9.30am.but start time is 9.45am)
Sunday 5 th	Morning Yoga for all	9am	https://us06web.zoom.us/j/23456789012

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