



FREE | BEIGNNERS YOGA WITH CHIARA | WITH SOMALI INTERPRETE

# YOGA

## & MENTAL HEALTH TALKS



*10 AM - 12PM Wednesdays*  
*Selby Centre*  
*N17 8JL*

CONTACT  
SHAMSA :  
07958137919

[WWW.DALMARHFD.CO.UK](http://WWW.DALMARHFD.CO.UK)