

# **FREE YOGA CLASSES FROM PLATFFORM AND YOGASTEPS**



## **Yoga with Emma Yogasteps**

**Dedicated space for young people to explore  
yoga to stretch their bodies and relax!**

**Every Monday at the Wellbeing Centre on  
Walter Road SA1 5PQ**

**1600 – 1700 and its free!**

**Great way to chill and deal with exam  
pressure!**

**Email [sarahhamilton@platfform.org](mailto:sarahhamilton@platfform.org) to book  
your mat**