



# Yogi Lunch

For parent carers of children and young people  
with autism and/or learning disabilities



**Monday 17th July 2023 11:30am—2pm**

**Kula Springs Yoga — Retford**

The session will include gentle yoga, to open up the body and bring awareness into the body and away from the thinking mind. A full sound bath and healthy lunch. Suitable for all abilities.

Please e-mail to book or find out more information.

Becki and Helene from the **Keyworking Service Peer Support Team** hold regular drop in sessions around Nottinghamshire where you can speak to other parents, access SEN advice and signposting to other helpful organisations. We also run workshops and activities for young people.

To get regular updates of activities and events email-

**KeyworkingService@nottsc.gov.uk**



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