



GOFAL IOGA HOLISTIG CYMRU

nerid bywydau drwy ioga



HOLISTIC YOGA CARE WALES

changing lives through yoga

**Please contact us: Email: hycw18@gmail.com Tel: 01437562200
or 07891 504090**

**FREE Therapeutic Support available
For unpaid CARERS in
Carmarthenshire, Pembrokeshire
And Ceredigion.**

To recognize the amazing work carried out by unpaid Carers we will be providing free retreat days between March and May These will be delivered at a venue or via Zoom so that you can join in without leaving home, Each day will include:

- **Gentle yoga therapy**
- **Mindfulness to reduce anxiety**
- **Breath work**
- **Relaxation techniques.**

With funding from the Carers Support Innovation Fund, brought to you by the West Wales Care Partnership

**Do you help look after a relative or friend?
Do you help someone manage his or her daily tasks?**

You could be eligible for this fantastic opportunity!

Please get in touch ASAP

