



Derbyshire  
Carers  
Association

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[www.derbyshirecarers.co.uk](http://www.derbyshirecarers.co.uk)

## Chair Based Yoga

Tuesdays @ 1.30-2.15pm Via Zoom

**Sessions for all abilities -  
something to get you moving  
around and having fun!**

**Take things at your own pace  
and exercise in the comfort  
and safety of your own home,  
along with other Carers online.**

**Available dates:**

**12<sup>th</sup> & 26<sup>th</sup> April**

**10<sup>th</sup> & 24<sup>th</sup> May**

**7<sup>th</sup> & 21<sup>st</sup> June**

**For more information and to book a  
place, please contact Katie Matkin by  
phone, 07773 173 416 or email:  
[katie.matkin@derbyshirecarers.co.uk](mailto:katie.matkin@derbyshirecarers.co.uk)**