



MOVE YOUR BODY MOVE YOUR MIND



PSWS Funded
Yoga and Pilates
Virtual Classes

As part of a drive to support the well-being of our trainees, HEETV PSWS are pleased to offer another opportunity for **trainee doctors, dentists and pharmacists** to attend **fully funded virtual Hatha Yoga and Pilates classes**.

Attendance is flexible. Numbers for each class are limited and they will be filled on a **first come first served basis**. These virtual sessions will be delivered via **Zoom**.

Sessions will run for eight weeks initially from Monday the 11th January 2021 for Hatha Yoga sessions and Thursday the 13th January 2021 for the Pilates sessions.

Monday 18.30 – 19.30 Hatha Yoga

Thursday 18.00 – 19.00 Pilates

When you register for your first session you will be asked to complete a health questionnaire that will be sent in advance to you.

Contact pswinfo.tv@hee.nhs.uk to register for a class