



PROFESSIONAL SUPPORT
AND WELLBEING SERVICE

Professional Support &
Wellbeing Service
Health Education England,
Thames Valley

PSWS Funded

Yoga and Pilates
Virtual Classes



MOVE YOUR BODY MOVE YOUR MIND



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 when you are completing the registration form please select the relevant dates that you would be able to attend. Numbers for each class are limited, so please don't register for a date if you will be unable to attend as the classes 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 29th March 2021 for Hatha Yoga sessions and Thursday the 1st April 2021 for the Pilates sessions.

Monday 18.30 – 19.30 Hatha Yoga

Thursday 18.00 – 19.00 Pilates

To register for the sessions please click **[here!](#)**

Contact **pswinfo.tv@hee.nhs.uk** if you have any questions