

## Physical activities and healthy living

### Yoga

Activity	Ages	When	Where	Accessibility	Contact
<p><b>Age UK Somerset – Various classes available.</b> Please see timetable in Contact box for full list</p>				<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<a href="https://www.ageuk.org.uk/somerset/activities-and-events/ageing-well-classes-timetable/">https://www.ageuk.org.uk/somerset/activities-and-events/ageing-well-classes-timetable/</a>
<p><b>Chair Yoga for unpaid adult carers</b> Carers can join us for our mindful yoga exercises from a seated position. Increase flexibility, strength and reduce stress.</p>	18+	Once a month	Hope Church Worle High Street Weston-super-Mare	<input type="checkbox"/> Blind / visual impairment <input checked="" type="checkbox"/> Deaf / hard of hearing <input checked="" type="checkbox"/> Learning disability / difficulty <input checked="" type="checkbox"/> Mental health condition <input checked="" type="checkbox"/> Autistic spectrum disorder <input checked="" type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<p>North Somerset Carers Support Team 03000 120 120</p> <p><a href="mailto:carersupport@alliancehomes.org.uk">carersupport@alliancehomes.org.uk</a></p> <p><a href="https://www.alliancehomes.org.uk/support-services/">https://www.alliancehomes.org.uk/support-services/</a></p>

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Chi Yoga (gentle)		Mondays 10am to 11.15am (term time)	Shipham Village Hall New Road Shipham BS25 1SG	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Sarena Mason 07974 340 580  <a href="mailto:sarena@birchmoon.co.uk">sarena@birchmoon.co.uk</a>
<b>Do Yoga</b> Fun and friendly group Yoga classes for fitness and relaxation	18+ (Young people aged 12 to 18 can attend when accompanied by an adult)	Mondays 6pm  Wednesdays 10am and 7.30pm  Fridays 9.30am	Our Lady of Lourdes RC Church Hall 28 Bay Tree Road Weston-super- Mare BS22 8HQ	<input checked="" type="checkbox"/> Blind / visual impairment <input checked="" type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input checked="" type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Emma Gliddon 07884 434 710  <a href="mailto:info@doyoga.co.uk">info@doyoga.co.uk</a>  <a href="http://www.doyoga.co.uk">www.doyoga.co.uk</a>

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<p><b>Do Yoga</b> Fun and friendly group Yoga classes for fitness and relaxation</p>	<p>18+ (Young people aged 12 to 18 can attend when accompanied by an adult)</p>	<p>Tuesdays 9.30am and 6pm</p>	<p>Corpus Christi RC Church Hall 14 Ellenborough Park South Weston-super- Mare BS23 1XW</p>	<p><input checked="" type="checkbox"/> Blind / visual impairment <input checked="" type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input checked="" type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above</p>	<p>Emma Gliddon 07884 434 710  <a href="mailto:info@doyoga.co.uk">info@doyoga.co.uk</a>  <a href="http://www.doyoga.co.uk">www.doyoga.co.uk</a></p>
<p><b>Do Yoga</b> Fun and friendly group Yoga classes for fitness and relaxation Do Yoga</p>	<p>18+ (Young people aged 12 to 18 can attend when accompanied by an adult)</p>	<p>Mondays 9.30am and 11am  Thursdays 6.30pm</p>	<p>The Stable Creative Hub 3-6 Wadham Street Weston-super- Mare BS23 1JY</p>	<p><input checked="" type="checkbox"/> Blind / visual impairment <input checked="" type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input checked="" type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above</p>	<p>Emma Gliddon 07884 434 710  <a href="mailto:info@doyoga.co.uk">info@doyoga.co.uk</a>  <a href="http://www.doyoga.co.uk">www.doyoga.co.uk</a></p>

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<p><b>Do Yoga - Banwell</b> Fun and friendly group Yoga classes for fitness and relaxation Do Yoga</p>	<p>18+ (Young people aged 12 to 18 can attend when accompanied by an adult)</p>	<p>Thursdays 6pm</p>	<p>Banwell Scout Hall Public Car Park West Street Banwell BS29 6DB</p>	<p><input checked="" type="checkbox"/> Blind / visual impairment <input checked="" type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input checked="" type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above</p>	<p>Emma Gliddon 07884 434 710  <a href="mailto:info@doyoga.co.uk">info@doyoga.co.uk</a>  <a href="http://www.doyoga.co.uk">www.doyoga.co.uk</a></p>
<p><b>Gentle Yoga</b></p>		<p>Fridays 1.30pm to 2.45pm (term time)</p>	<p>Shipham Village Hall New Road Shipham BS25 1SG</p>	<p><input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above</p>	<p>Sarena Mason 07974 340 580  <a href="mailto:sarena@birchmoon.co.uk">sarena@birchmoon.co.uk</a></p>

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<p><b>Hatha Yoga</b> Yoga is an ancient practise with huge health benefits. With Georgie you are in good hands. With over 7 years of teaching practise, she will be guide you clearly. We will focus always on the breath, asana/ poses and meditation to close our practise</p>	18+	<p>Mondays 8.30pm</p> <p>Fridays 11am</p>	Old School Rooms Station Road Congresbury	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input checked="" type="checkbox"/> Learning disability / difficulty <input checked="" type="checkbox"/> Mental health condition <input checked="" type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<p>Georgie Garcia 07530 839 827</p> <p><a href="mailto:Gnationdanceco@outlook.com">Gnationdanceco@outlook.com</a></p>
<p><b>Hatha Yoga</b> A relaxing class designed to improve strength, flexibility, balance and promote a feeling of wellbeing</p>		Fridays 9am to 10am	Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<p>01275 848 494</p> <p><a href="https://www.placesleisure.org/centres/parish-wharf-leisure-centre/">https://www.placesleisure.org/centres/parish-wharf-leisure-centre/</a></p>

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Introduction to and Beginners Yoga		Adhoc classes – please contact Wendy for more information		<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Wendy Doig 07565 161 036  <a href="mailto:Wendy.doig@sky.com">Wendy.doig@sky.com</a>

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<p><b>Online Yoga</b> A Morning Yoga Routine helps you to shake off morning sluggishness, energises your body, focus the mind to start the day with enthusiasm and positive energy.</p>	16+	<p>Monday to Thursday 8.30am to 9.30am</p> <p>Friday 5pm to 6pm</p> <p>Also available for one to one online sessions</p>	Online via Zoom	<p><input type="checkbox"/> Blind / visual impairment</p> <p><input type="checkbox"/> Deaf / hard of hearing</p> <p><input type="checkbox"/> Learning disability / difficulty</p> <p><input type="checkbox"/> Mental health condition</p> <p><input type="checkbox"/> Autistic spectrum disorder</p> <p><input type="checkbox"/> Physical impairment</p> <p><input type="checkbox"/> All of the above</p> <p><input type="checkbox"/> None of the above</p> <p>(Visually impaired people can join the session as it will be verbal instruction as well as demonstration. Minor mental health will benefit too. Generally anyone, who enjoys online therapeutic yoga in the comfort of their own home, can benefit from my session).</p>	<p>Shokuh Zahedi 01275 855 682</p> <p><a href="mailto:Shokuh.zahedi@gmail.com">Shokuh.zahedi@gmail.com</a></p>

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<p><b>Power Yoga</b> Dynamic Yoga flow followed by pose work to maximise strength and flexibility. A challenging and fun session, not for the faint hearted! Intermediate to advanced</p>		Sundays 10am to 11am	Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	01275 848 494  <a href="https://www.placesleisure.org/centres/parish-wharf-leisure-centre/">https://www.placesleisure.org/centres/parish-wharf-leisure-centre/</a>
<p><b>Restorative Yoga</b> Mat based exercises designed to improve physical strength, flexibility, posture and enhance mental awareness. Includes the aspect of rehabilitation</p>		Thursdays 12pm to 1pm	Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	01275 848 494  <a href="https://www.placesleisure.org/centres/parish-wharf-leisure-centre/">https://www.placesleisure.org/centres/parish-wharf-leisure-centre/</a>



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<p><b>Sada Ashtanga Yoga</b> Yoga that prioritises you. Become present in your practice, relax your body and calm your mind. In person and online</p>	16+	Thursdays 6.15pm	5 Coronation Road Bleadon Weston-super-Mare BS24 0PG (and online)	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above (Suitable for depression/anxiety)	Sayeeda Alam 07725 901 810  <a href="mailto:info@sadayoga.co.uk">info@sadayoga.co.uk</a>  <a href="http://www.sadayoga.co.uk/">http://www.sadayoga.co.uk/</a>
<p><b>Sada Hatha Yoga Online</b> Yoga that prioritises you. Become present in your practice, relax your body and calm your mind. In person and online</p>	16+	Wednesdays 6.30pm  Fridays 12.30pm	Online	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above (Suitable for depression/anxiety)	Sayeeda Alam 07725 901 810  <a href="mailto:info@sadayoga.co.uk">info@sadayoga.co.uk</a>  <a href="http://www.sadayoga.co.uk/">http://www.sadayoga.co.uk/</a>

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Activity	Ages	When	Where	Accessibility	Contact
<p><b>Sada Yoga for Relaxation</b> Yoga that prioritises you. Become present in your practice, relax your body and calm your mind. In person and online</p>	16+	Mondays 7pm	Worle Community Centre Lawrence Road Worle Weston-super-Mare BS22 6TU (and online)	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above (Suitable for depression/anxiety)	Sayeeda Alam 07725 901 810  <a href="mailto:info@sadayoga.co.uk">info@sadayoga.co.uk</a>  <a href="http://www.sadayoga.co.uk/">http://www.sadayoga.co.uk/</a>
<p><b>Yoga</b> Classes focus on reducing physical and mental stress by moving our body in different ways, focusing on our breath. If you can breathe, you can do yoga</p>	16+	Mondays 7.30pm (More active)  Wednesdays 5.30pm (Gentle movement)	Mead Vale Community Centre Redwing Drive Worle Weston-super-Mare BS22 8SX	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Karen Bartlett 07467 105 151  <a href="mailto:Kazzerb72@gmail.com">Kazzerb72@gmail.com</a>

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Activity	Ages	When	Where	Accessibility	Contact
<p><b>Yoga</b> Yoga offers exercise for all levels through a total body workout, building strength, flexibility in a chilled out environment</p>	16+	Tuesdays 6.45pm	Strode Leisure Centre Clevedon BS21 6QG	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Becky Hobbs 01275 879 242  <a href="mailto:Beckyhobbs@pfleisure.org">Beckyhobbs@pfleisure.org</a>  <a href="http://www.placesleisure.org">www.placesleisure.org</a>
<p><b>Yoga</b> Offers exercise for all levels through an intense total body workout. Build strength, flexibility and definition in this chilled out class</p>		Mondays 6pm to 7pm  Tuesdays 12pm to 1pm  Wednesdays 10.15am to 11.15am  Fridays 10.05am to 11.05am	Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	01275 848 494  <a href="https://www.placesleisure.org/centres/parish-wharf-leisure-centre/">https://www.placesleisure.org/centres/parish-wharf-leisure-centre/</a>

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<p><b>Yoga for Over 50s</b> Yoga class for mindful movement. To bring strength and suppleness to body, and peace and tranquillity to mind</p>	50+	<p>Tuesdays 9.45am to 11am and 1.45pm to 3pm</p> <p>Thursdays 9.45am to 11am</p> <p>Fridays 10am to 11.15am</p>	Please get in touch for more information	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<p>Suzi Griffin 07776 321 989</p> <p><a href="mailto:suzi@yogafriendly.co.uk">suzi@yogafriendly.co.uk</a></p> <p><a href="http://www.yogafriendly.co.uk">www.yogafriendly.co.uk</a></p>
<p><b>Yoga Relax</b> A class that focuses on stress relief and maintaining flexibility with gentle postures, movement and stretching</p>		<p>Sundays 11.05am to 11.35am</p>	<p>Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD</p>	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<p>01275 848 494</p> <p><a href="https://www.placesleisure.org/centres/parish-wharf-leisure-centre/">https://www.placesleisure.org/centres/parish-wharf-leisure-centre/</a></p>