



Yoga Group

Take Off is running a Yoga group to support positive mental wellbeing. The group covers all ranges of experiences and abilities and is open to complete newcomers to Yoga.

The group runs on the 1st and 3rd Thursday of the month at 10.45 - 12.15 from the Live Well Centre in Ashford.

For any further information, please feel free to get in contact using the details here or use the contact form on our website.



A place of positivity

Somewhere you can get support, advice and have fun

Learn a new skill

100% service user led

Free to attend

Regular attendance welcome

Take Off
34 Military Road,
Canterbury
CT1 1LT

Email:
office@takeoff.works

Tel: 01227 788 211

Website:
www.takeoff.works

Charity no.: 1069836