

Solace x The Movement Charity: Trauma-Informed Yoga Sessions in Walthamstow



A movement/yoga class for survivors, open to all fitness levels

**Every Monday afternoon, 2:30pm-3:30pm
Walthamstow**

**If you are interested in joining, or for more information
please contact**

**wftherapeuticmarketplace@solacewomensaid.org or
call on 0300 330 5479**



solace