

# PRIMROSE HOSPICE COPPICE CENTRE

Primrose Hospice can help you and your family with:

- Practical help
- Complementary therapy
- Family support
- Benefits advice
- Counselling
- Bereavement support

As a charity, all of Primrose Hospice's services are free

However, if you wish to make a donation please speak to a member of staff or visit [primrosehospice.org](http://primrosehospice.org)

## CONTACT US

Primrose Hospice  
The Coppice Centre

St Godwalds Road  
Bromsgrove  
Worcestershire  
B60 3BW

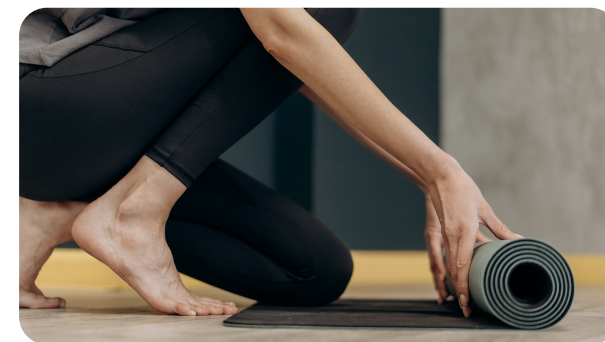
01527 889799  
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[primrosehospice.org](http://primrosehospice.org)



Registered charity No: 700272



## YOGA



## WHAT IS YOGA?

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing.

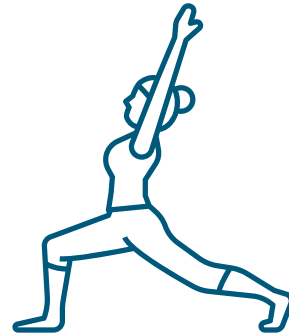
The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing.

The practice originated in India about 5,000 years ago and has been adapted in other countries in a variety of ways.

Our group is led by a fully qualified and experienced Yoga Instructor and practitioner.

## AIMS OF THE GROUP

There is evidence that regular yoga practice is beneficial for people with high blood pressure, heart disease, aches and pains. It can also reduce lower back pain and help with depression and stress.



Yoga Sessions are available:

## FAQS

### Who can attend?

Our Yoga Group is open to anyone who is accessing Family Support at Primrose Hospice.

### Do I need to book?

If you would like to attend yoga please contact Julie Guest our Complementary Therapy Co-ordinator on 01527 889799.

### Is there a time limit to the group?

The Yoga Group will be time limited dependent on numbers and our waiting list.

Participants are encouraged to attend all allocated sessions.