



Positive Movement™ is an award-winning, gentle exercise approach developed by The Sadie Centre which combines techniques drawn from Adaptive Yoga with the principles and methods of the Alexander Technique and with Mindfulness approaches.

It is open to anyone over 60 with a mobility problem or who is living with a long-term condition. Our tutors are highly experienced yoga teachers, with a specialist interest in exercise for older people and those with health challenges.

It consists of an hour of movement which is followed by a further ½ hour of time to socialise with members of the group if you wish.

"I found the sessions a great benefit to my physical and emotional recovery."

Come and see for yourself!

This class is a FREE 20 week programme, and you do not need to pre-book.

**First date: 14th January 2026, and then:
Every Wednesday from 3.30pm - 5pm
Hampson Park Community Centre, Stevenage, SG15QU**

**Please email clare.chambers@hertsmindnetwork.org
or call 01462 678804 to register.**



Charity Number: 1112487