

Yoga Class

In April 2020 Louise @louiseboydyoga kindly held a 60 min online Yoga class asking participants if they were able to make a donation to support the Drop-In Bereavement Centre and in that one hour raised £214.00!



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

Many thanks to Louise and all those who took part in the class, we greatly appreciate your support.

The Drop-In Bereavement Centre, 187 Grange Road, Plaistow, London E13 0HA

📞 0207 511 6444 ✉ dropinbereavement@btinternet.com

🌐 thedropinbereavementcentre.co.uk