

## Group yoga session at Lulworth House Residential Care Home



**On Friday we had a group yoga session at Lulworth House Residential Care Home, which was such a success.**

We put on some green **sensory lights** (to keep with the St Patrick's Day theme!) and everyone enjoyed trying some **chair movements** with Nina from our Well-Being Team, who is a trained yoga instructor.

There was a lot of **bending and stretching** going on, including trying to perfect the famous '*tree pose*'.

This is something we will definitely be doing again soon, as it went so well. *Thanks Nina!*

