

Yoga class with Nina at Lulworth House Residential Care Home



On Friday mornings at Lulworth House Residential Care Home, our residents usually enjoy some relaxing Namaste, but last week we tried something different – a group yoga session.

One of our Recreation and Well-Being champions, **Nina, is a trained yoga teacher**, so she enthusiastically got everyone stretching, posing and feeling revitalised!

Everyone got stuck in with the slow, calm movements and said how they really **felt the benefits afterwards**.

Well done Nina – we can all take some tips from you!