



# YOGA

**To support recovery  
from COVID-19**

Starting in June 2021

**8 free sessions! On Zoom**

[www.umbrellayoga.co.uk](http://www.umbrellayoga.co.uk)



People recovering from COVID-19  
may suffer from:

**Fatigue. Breathing difficulties.  
Anxiety. Sleep disturbances.  
Loss of self-confidence.**

Our yoga sessions are for anyone in Kirklees who is suffering from long COVID. This is not treatment or therapy, but we are here to help and support people manage their symptoms and get through long COVID.

**To register please email:  
[ellie.umbrella.yoga@gmail.com](mailto:ellie.umbrella.yoga@gmail.com)**



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