

**Activity**

Relaxation Group

**When**

6pm – 7pm, second and fourth Thursday of every month

**Where**

Training Room, Number 6

**Cost**

Free

**More Information**

- To begin with participants have the choice of taking their shoes off or keeping them on.
- You will then lie on a yoga mat and get comfortable.
- The first half an hour involves lying down on yoga mats with the lights dimmed and relaxation music playing.
- A staff member will read out one of a selection of relaxation scripts, usually involving progressive muscular relaxation and/or guided imagery.
- The second half an hour is devoted to trying different herbal teas and socialising, though sometimes finishes earlier depending on how long people want to hang around.
- A different Number 6 staff member will run the group.