



# BAPIO Health & Well-Being Forum in collaboration with BINA



## YOGA for well-being

Trainer: Anuradha Walavalkar  
MSc Yoga therapy

For Doctors, Nurses with Family & Friends

Every Sunday from 18<sup>th</sup> July

10.15 to 11.15 AM BST

BAPIO Members- Free to attend

All Others- £10/ 4 sessions

[Click to Register](#)

Zoom Link to Join

<https://us02web.zoom.us/j/89294439576?pwd=cmdjb2dQbXg1enU5SGRWNUFITnJUzz09>

Meeting ID: 892 9443 9576

Passcode: 365981

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