

# DanceAbility with Yoga and Stretch

at the George Shearing Centre  
Este Road, SW11 2TF

Fun dance session followed by a short Yoga  
and stretch session for young people with  
disabilities!

We run the session  
in blocks of 8-10  
weeks. Dates will be  
sent out in advance  
and places must be  
booked

Only £5  
per  
session



3 sessions taking place every week:

- 10.00am - 10.40am Age 11 and Under
- 11.00am - 11.40am Age 11 and Under
- 12.00pm -12.50pm Age 12+

Contact Kaity Hall,  
to book your place!  
khal@enablelc.org  
0203 959 0038



in partnership with

**enable**  
leisure & culture

# DanceAbility with Yoga and Stretch

## Key information regarding the sessions

- 3 sessions are taking place each week
- Each session will be mainly dance but will include a short session on Yoga and Stretch at the end.
- All led by an experienced disability dance teacher who currently works in Wandsworth schools
- The sessions are open to boys and girls from 6- 18 years
- Parents are asked to stay and support their child at the sessions where necessary
- Please wear suitable loose comfy clothing and trainers, although you will be asked to do the session in bare foot
- Numbers are very limited, places will be given on a first come first serve basis
- You do not have to take part in all of the sessions although this is preferred
- Payment is required before the first session to confirm your place
- Contact Kaity Hall on [khall@enablelc.org](mailto:khall@enablelc.org) to book on

