



Resources for Autism are excited to be setting up a new Mindfulness and Movement group.

In beautiful scenery the group will be learning CBT techniques whilst practicing gentle yoga and mindful walking. Whilst making friends and expanding your mind and improving wellbeing and physical fitness.

Who is the group aimed at?

Up to 10 independent adults over 18 who do not require one to one support who can travel easily to Central London.

When/where will it be?

Wednesdays from 11am-1pm.

Starting 21st April (On Zoom) and then in a central London Park (TBC) for 12 weeks.

Different locations Regents Park, Hampstead Heath etc. There will be second group starting early July for a new cohort.

Is there a charge?

The group will cost £5 to attend. Subsidies are available on request.

If you are interested in this new group please email charlotte@resourcesforautism.org.uk