

# Yoga for Eating Disorders 8 week course

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in partnership with NHS Eating Disorder psychology  
services in Central Bedfordshire and Luton



Dear present and future yogis,

**We are preparing to start another one of our 8 week yoga for eating disorder courses and wanted to put the word out!**

**The next course starts on Thursday, 1<sup>st</sup> June 2023 at 6.30pm and will take place face to face at Flitwick Football Centre in Flitwick. It will run every Thursday for 8 weeks**

Anyone who has been diagnosed with an Eating Disorder in the East of England Region is welcome regardless of prior experience with yoga. If you have attended our course in the past you are very welcome to join again!

Please email the Beds and Luton Eating Disorder Service ([elt-tr.eatingdisorder.service@nhs.net](mailto:elt-tr.eatingdisorder.service@nhs.net)) for joining instructions. You can also call on 01582 293 333.

You can find more information here: <https://www.reconnectyoga.co.uk/courses> .

We are looking forward to meeting you!

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The Yoga team at the Community Eating Disorder Service