




# February Newsletter

**Instagram** 

**Email** 

**Facebook** 

Hello YANA Community!

WEBSITE:

<http://www.yanacommunity.co.uk/>

We hope you are all ok and staying safe in this difficult time. As the Covid pandemic continues, we are concentrating our classes on mental and physical wellbeing. Please join us in practicing yoga, pilates, mindfulness and more, throughout the month of February. We will also soon be adding language classes, so join us in learning a new skill!

Our mantra at YANA is "You Are Not Alone" and we would like to welcome you all to our classes. We are building a community of people from all backgrounds - to make friends, learn new skills and support each other.

If there are any classes that you would like to see on our timetable, please let us know!



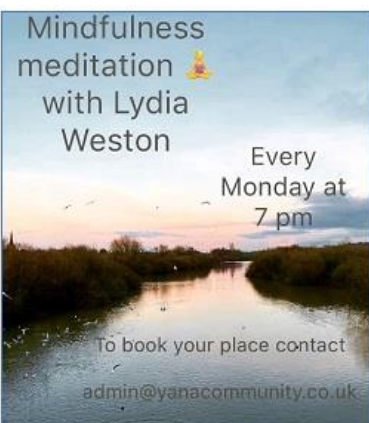
Contact  
YANA

Email: [Info@yanacommunity.co.uk](mailto:Info@yanacommunity.co.uk)  
 W: <http://yanacommunity.co.uk>  
 FB: [www.facebook.com/yanacommunity.co.uk](http://www.facebook.com/yanacommunity.co.uk)  
 Instagram: <http://instagram.com/yanacommunity>  
 TW: @yana\_charity  
 Telegram: [https://t.me/YANA\\_UK](https://t.me/YANA_UK)



[@yanacommunity](https://www.instagram.com/yanacommunity)

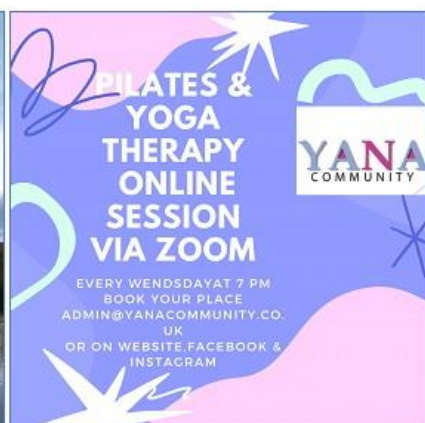
Make sure you sign up early for our classes! Our class schedule can be [found here](#).



Mindfulness meditation with Lydia Weston


Every Monday at 7 pm

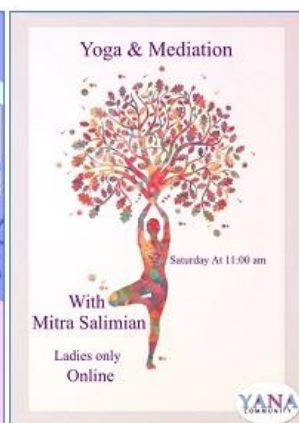
To book your place contact [admin@yanacommunity.co.uk](mailto:admin@yanacommunity.co.uk)



PILATES & YOGA THERAPY ONLINE SESSION VIA ZOOM

EVERY WEDNESDAY AT 7 PM  
 BOOK YOUR PLACE  
 ADMIN@YANACOMMUNITY.CO.UK  
 OR ON WEBSITE, FACEBOOK & INSTAGRAM






Yoga & Meditation

Saturday At 11:00 am

With Mitra Salimian

Ladies only Online

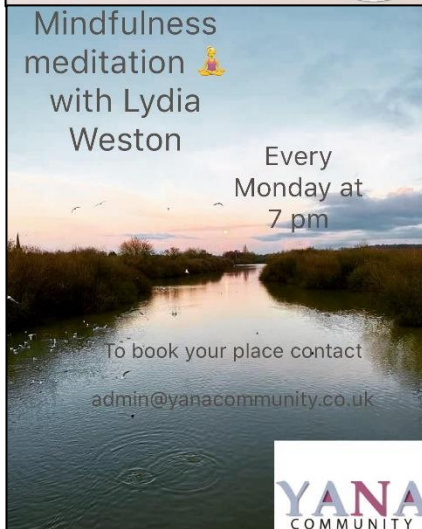
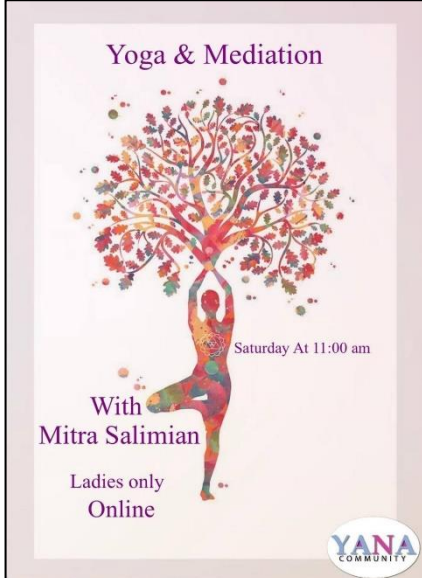
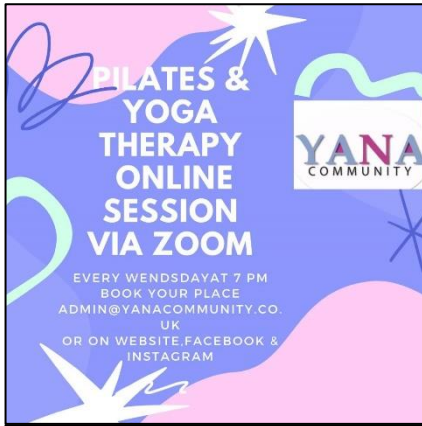




RUNS BY NATIVE TEACHERS  
 BOOK YOUR PLACE AT YANA COMMUNITY WEBSTE

**SPANISH & ENGLISH COFFEE MORNING**

# What's On in February



- Mindfulness Meditation (online) every Monday, at 7pm
- Pilates & Yoga Therapy (online) - Every Wednesday, at 7pm
- Yoga and Meditation Class (online) - Every Saturday, at 11am
- Life Coaching with Ali Jafarian (online) - Friday 12<sup>th</sup> February, at 7pm
- Spanish & English Coffee Morning (online)

To join these fantastic classes, visit the YANA Community website [here](#) and fill in the membership form; you will receive Zoom login info/link. Donation is not mandatory, but helps contribute towards the cost of activities. If you have financial difficulties and cannot pay for registration, please contact [admin@yanacommunity.co.uk](mailto:admin@yanacommunity.co.uk)

[Click here](#) to see our timetable

## Please Support Us:

**Donate** to provide essential help to women and children in Nottingham.

**Volunteer** to make a difference.

*Share this email with your friends and contacts.*

