

# Women's Exercise Group at Leeds Playhouse

Provided / Operated by:  
**Refugee Council Leeds**

Yoga and Pilates alternating weeks. No meeting half term week. Children are welcome. Those eligible for the New Roots program can claim bus fare reimbursement. Eligibility criteria for New Roots Project: Refugee / Humanitarian protection / ILR (settlement) / DLR (over 12 months - as a result of an asylum claim) / Resettled refugees and Family reunion

## **Contact Details:**

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## **Days & Dates:**

Friday: 10.30-11.30

22nd September 2023 to 24th November 2023

## **Costs:**

Free

## **Childcare:**

No

## **Children allowed:**

Yes