**Tennis & Yoga Sessions**

**Nottingham Tennis Centre**

My Sight Notts is hoping to work with the Nottingham Tennis Centre to develop tennis sessions for people with sight loss.

The Tennis Centre is really keen and we are now looking to get something up and running in the new year.

We have very little detail of what this may look like but would just like to gauge interest for now with more information to come after Christmas.

If this is something you would like to be involved in, have a taster session or would just like more information when we have it, please speak to Kirsty or Emma on 0115 970 6806 or email info@mysightnotts.org.uk.

**Yoga sessions**

After a successful block of yoga sessions over the last few months, we are pleased to announce that we are extending these. Jane our qualified yoga instructor will be running some more sessions in Newark and Nottingham in the new year.

Yoga is a fantastic way to improve your health and wellbeing. Whether you have never tried it before or if you are a seasoned professional, all are welcome!

Dates for yoga sessions in Nottingham (Held at My Sight Notts, 26-28 Heathcoat Street, Nottingham, NG1 3AA)):

Friday 24th January at 2pm

Friday 21st February at 3pm

Saturday 22nd March 2pm

Dates for yoga sessions in Newark (Held at Cleveland Square Community Centre, At Carswell Close, Newark, NG24 4HW):

Friday 17th January at 2pm

Saturday 1st Feb 3.30pm

Friday 14th March at 2pm

**Yoga Nidra**

We will also be hosting some yoga nidra sessions also known as yogic sleep. These sessions will be delivered by yoga instructor Kully Sandhu.

In these sessions we will do a little gentle yoga whilst lying down. Then we get comfortable using a bolster under our knees, having a blanket to tuck us in and an eye mask to give a little grounding.

The practice systematically guides you through various stages of relaxation, using techniques such as breath awareness, body scanning, visualisation, and affirmation (Sankalpa). It encourages you to enter a state between wakefulness and sleep, where the body is fully relaxed, and the mind remains conscious.

Yoga nidra has numerous benefits, including reducing stress, improving sleep quality, enhancing focus, and promoting emotional healing. It’s accessible to people of all levels and can be a powerful tool for self-exploration and inner peace.

Dates for these yoga nidra sessions are:

Friday 10th January at 2pm

Friday 31st January at 2pm

Friday 28th February at 2pm

Friday 28th March at 2pm

These sessions will all be held at My Sight Notts office on Heathcoat Street.

We have space for a maximum of ten participants in each session and we offer this on a first come, first served basis. Please note that dates are subject to change.

Please call 0115 9706 806 or email [info@mysightnotts.org.uk](mailto:info@mysightnotts.org.uk) to reserve your space.