

Early  
Intervention  
Service



CHILDREN & YOUNG PEOPLE'S AUTISM SERVICE

# STRETCH & UNWIND

COME & JOIN US

A YOGA BASED INTERVENTION

A SPACE TO STILL THE MIND & MOVE THE BODY  
WITHOUT JUDGEMENT

Who: Children/Young People (aged 12+)

When: 18<sup>th</sup> & 22<sup>nd</sup> August 2025 @10.30-11.30am  
(Monday and Friday)

Where: Lilac Villa, Gransha Park Hospital,  
BT47 6TG

**TO BOOK YOUR PLACE  
PLEASE EMAIL THE TEAM**

**EIS.SUPPORT@WESTERNTRUST.HSCNI.NET**

