



The Maya Centre
counselling for women

Mindful Movement and Joyful Dance for Emotional Wellbeing



FREE to attend

Join our gentle 8-week holistic space for women.
Facilitated by Aditi Kaushiva from Move to Thrive.

5 February – 26 March 2026
Every Thursday
11:30am – 12:45pm

48 Despard Rd, London N19 5NW

Release
stress and
tension

Feel calmer
and more
grounded

Find support in
a community
of women

Reconnect
with joy and
playfulness



*Not a fitness class.
Open to all bodies, abilities, and energy levels.
No dance experience needed.
You move in your own way.*

Sign up on Eventbrite by
scanning the QR code

