

VIDEO: TAKE 20 MINUTES TO MOVE AND COMBAT ACHES AND PAINS

05 January 2021
Video

We're working with East London Pilates to bring you a weekly 20-minute energy break – a great way to take some time out, boost your mobility and improve your energy levels.

Each short, low impact and gentle physical movement and mobility session is designed to be accessible to all, no experience required, and should ease postural aches and pains.

It's not an exercise class so there is no need to get changed into sportswear.

We'll be sharing links to recordings of the sessions on this page. Stay tuned for further updates.

- 5 January - [HSF Energy Break brought to you by ELP](#)
- 7 January - ['LATE NIGHT YIN' RESTORATIVE YOGA with KELLY](#)

More information, support and resources

There are a wealth of self-care resources on the [Wellbeing & Culture Hub](#).

Note

Although the sessions are very low risk, participation in each session is at your own risk. By clicking on the video link, you are communicating your agreement that you are participating at your own risk.

SUBSCRIBE TO STAY UP-TO-DATE WITH INSIGHTS, LEGAL UPDATES, EVENTS, AND MORE

Close

© HERBERT SMITH FREEHILLS LLP 2022