

FREE Access to My Life Tonic



My Life Tonic offers a range of on-line classes from Yoga, HIIT (High Intensity Interval Training)/Tone Up sessions, Meditation to programs for children, skiers and runners.

These are open to all levels of experience and fitness, providing both variety and flexibility that can help support your physical wellbeing and mental health.

There's something for everyone!

They also share 'Life Tonics' which are small changes that you can make to your daily routine that can help make you feel in a better place.

It's certainly worth trying a few out to see what works for you.

What's on offer?



How to Register!

1. Complete your **Free** registration on the Thames Hospice landing page using your work email address:

[Thames Hospice \(mylifetonic.com\)](http://mylifetonic.com)

2. Apply coupon code for free access:

THAMES

3. After registration you will have unlimited access to all live streamed and on demand classes
 - For on demand classes use the filter to find the class you would like to do
 - Join or watch any of the classes as and when you want

So what are you waiting for... sign up today!



Click on the link below to connect your mobile device to your television:

[How to mirror your smartphone or tablet on your TV | Digital Trends](#)