

ALIGN

YOGA

Wednesday Evening

6.30 – 7.30 p.m.

The Village Hall

East Gosscote LE7 3ZL

Qualified Yoga Teacher
300+ hours Teaching
previously in 3 premium
Yoga Studios

Contact Number:
07956 859875

An hour of moving meditation
for endurance strength
calmness and flexibility... Yoga
styles for any level of practice,
modifications offered in
asanas a blend of vinyasa flow
ashtanga and Hatha Yoga
Including Head Massage After
Free zen tea upon arrival

£8 per session

