



YOGA SESSIONS

Thursday mornings 11.00am – 12.00pm

Classes run in 6 week courses, bookable in advance.

Swanland Village Hall

The style of Yoga used concentrates on body alignment, to improve strength, balance and flexibility, with relaxation techniques used to encourage stress reduction.

Wear loose comfortable clothing and bring a yoga mat if possible.

Please call or email Angie for further information regarding the above & future courses, & to book and secure your place.

Tel: 077077 19600

Email: angie480@hotmail.com