

YOGA OVER 45

NEW 6 WEEK PROGRAMME HERE!

Starts Thursday 22nd October 6.15-7.15pm

SUITABLE FOR BEGINNERS



Designed SPECIFICALLY to support students in mid-life or later years OR if you suffer from common medical conditions such as arthritis, high blood pressure, anxiety, back pain or stress.

£40 for 6 sessions with some flexibility if you cannot attend up to 2 of the sessions. For further details:

Call Shona on:

01302 865253 or 07904 262877