

calm your mind. energize your body. open your heart. ignite your spirit.



YOGA for Everyone

enjoy a dynamic and playful flow of poses linking breath with movement.

**AT BRANDESTON
VILLAGE HALL**

STARTING TUESDAY 2ND APRIL

8PM - 9:15PM

EVERY TUESDAY

Please Call Sally on 07708 141276

Email sallypnelson@gmail.com

To book a place or for further information

