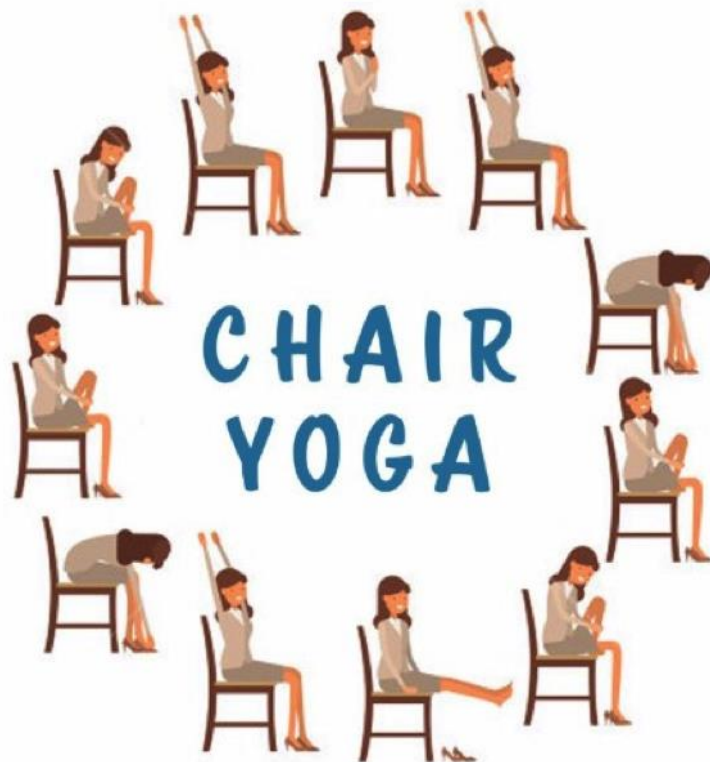


Chair Yoga

A combination of breath, movement and mindfulness

Wednesdays on Zoom (starting 17th February)
10:00 – 10:45am

£4 drop in class



To book visit: www.bookwhen.com/satanamayoga

For further information contact Angela on 07947 436412 or
email: angela_edwards_holly@yahoo.co.uk

