

YOGA CLASSES

learn how to listen to your body,
going with it and not against it,
avoiding all effort or strain.

Vanda Scaravelli



Caythorpe, Wednesday 9.30am

Leadenham, Thursday 6.00pm

Leadenham, Friday 9.30am

Classes last 90 minutes and are suitable for everyone.

Please contact me to see if there is a space available

Julie Nelstrop (British Wheel of Yoga Teacher)

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