



ENJOY YOUR FIRST 3 LESSONS FOR FREE AS TASTER SESSIONS!



YOGA

with Rebecca

COME AND JOIN REBECCA FOR A GENTLE, BREATH-BASED YOGA CLASS, THAT IS SUITABLE FOR ALL AGES AND ABILITIES.

YOGA CAN AID RELAXATION, HELP RELIEVE ANXIETY, REDUCE BLOOD PRESSURE, AND EVEN AID SLEEP...

WHY NOT COME & GIVE IT A TRY?

YOU WILL RECEIVE A WARM WELCOME & YOU ARE SURE TO GO HOME FEELING NOURISHED.

PLEASE BRING YOUR OWN MAT & BLOCK OR CUSHION

SESSIONS ARE HELD AT:
BROOKENBY COMMUNITY CENTRE

DAY/DATE:

TIME:

No previous experience is necessary.

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MAGNA VITAE
TRUST FOR LEISURE & CULTURE