



YOGA

Wednesday Evenings

Class Times 4:45pm – 5:45 pm and 6pm – 7pm

Barking Village Hall Annexe

Barking Tye

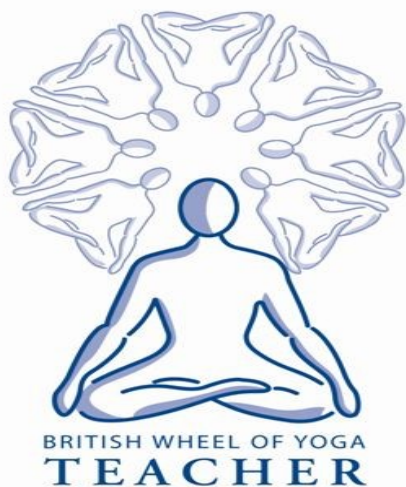
Suffolk

IP6 8HY



Join us for weekly **Hatha Yoga** Classes. Practice Asana, Pranayama, Mindfulness and Meditation. Adults aged 18 and over welcome.

The yoga sessions will help to improve your health and wellbeing, gain mobility, flexibility, stamina and aid relaxation.



Price Per Class : £8.00

Block Bookings : £44.00 (6 Classes)

Contact Michelle to book:

07938 762 402

yogaclasseswithmichelle@gmail.com