



YOGA with REBECCA

**NEW 10 WEEK COURSE OF SPRING & SUMMER CLASSES STARTING
TUESDAY APRIL 19th 2016**

Skelsmergh Community Hall

Mindful yoga taught with a range of physical postures, breathing awareness and relaxation.

Yoga is a breathing practice – the physical postures are to facilitate the breath.

Useful for stress relief, physical strength, suppleness and body-mind-breath awareness.

Mixed Ability Yoga Classes

Inspired by Ashtanga, Vinyasa Flow and Yin Yoga

EVERYONE WELCOME - NO PREVIOUS EXPERIENCE NECESSARY

£7.50 a class or £60 for 10 week block

(Booking recommended as class tends to fill quickly)

For further information, please contact Rebecca Ellis:

07907374278; jamsinanas@gmail.com

