



# Mindfulness Yoga for all with Nerissa

**Venue:** St. Anne's Church Hall, Letchworth Road, LE3 6FN

**Time:** 5.45-7.15 pm

Monday 29<sup>th</sup> April – Monday 8<sup>th</sup> July

£54 for 9 sessions or £7 drop-in

NO sessions on Mondays 6<sup>th</sup> May & 27<sup>th</sup> May

We will work on stretching, strengthening and toning the whole the body; the underlying ethos will be mind, body and breath working together. Surya Namaskara and Pranayama will be integral to each session. Please bring a mat and a block.

**Beginners welcome as well as those with experience.**

[www.yogawithnerissa.co.uk](http://www.yogawithnerissa.co.uk)

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