



## Mindfulness Yoga in the Autumn with Nerissa

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

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Classes start in September, check email/text/call for more details;  
Tuesday, Wednesday, Thursday classes book with WEA:- 0116  
2556614/0300 303 3464

### Mondays: from 9<sup>th</sup> September -

Yoga for All - St. Anne's Church Hall, LE3 6FN - 5.45-7.15 pm. £7  
drop-in or pay £54 for the term, 9 sessions.

### Tuesdays:

Yoga 1 - West End Centre, LE3 5PA - 9.30-11 am

Yoga for Pregnancy - Manor House, LE3 2BG - 6.30-8 pm

### Wednesdays:

Yoga for Women - Wesley Hall, LE2 0GN - 1-2.30 pm

### Thursdays:

Mindfulness for Daily Life - 10-12 - West End Centre, LE3 5PA (start 24<sup>th</sup>  
October 6 sessions)

Yoga 2 - 1-3 pm - West End Centre, LE3 5PA