



## Mindfulness Yoga in the Spring with Nerissa

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

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Check website or email for more details: Tuesday, Wednesday, Thursday classes please book with WEA.

### **Mondays from 6<sup>th</sup> January - 30<sup>th</sup> March**

Yoga for All - St. Anne's Church Hall, LE3 6FN - 5.45-7.15 pm. £7 drop-in or pay £72 for the term, 12 sessions.

### **Tuesdays from 14<sup>th</sup> January**

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

**Yoga for Pregnancy from 21<sup>st</sup> January - 8 sessions**

- Manor House, LE3 2BG - 6.30-8 pm

### **Wednesdays from 15<sup>th</sup> January**

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

### **Thursdays from 16<sup>th</sup> January**

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

**Yoga in the Park: fundraising for The Laura Centre**

Saturday 16<sup>th</sup> May 10.30-12.30 - All welcome