



Yoga in the summer with Nerissa

Venue: West End Centre, St. Andrewes Street, LE3 5PA

Time: 10- 11 am

Tuesday 3rd, 10th, 17th and 24th July

Drop-in sessions

£6 per session or £20 for four if paid in advance.

We will stretch, strengthen and relax the whole body. We will work too with the breath and finish with a short guided relaxation. Please bring a mat and a block. Pregnant and post-natal women welcome.

www.yogawithnerissa.co.uk

nerissafields@yahoo.co.uk/07984810483