



# Mindfulness Yoga for Women with Nerissa

**Venue:** Belgrave Neighbourhood Centre, Rothley Street, LE4 6LF

**Time:** 12.30 – 1.30 pm

Monday 28th September – Monday 7<sup>th</sup> December

(10 week course)

£3 – £5 drop-in

***This course is funded by Wesley Hall but still requires donations.***

NO session on Monday 19<sup>th</sup> October (half-term)

We will work on stretch, strengthening and toning the whole the body; the underlying ethos will be mind, body and breath working together. The 7-Way Stretch, Pranayama and Meditation 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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