

Mindfulness Yoga for Women with Nerissa

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

Time: 12.30 – 1.30 pm

Monday 4th January – Monday 15th March

(10 week course)

£3 – £5 drop-in

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

NO session on Monday 15th February (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

nerissafields@yahoo.co.uk/07984810483