

Mindfulness Yoga for all with Nerissa

Venue: Church of the Martyrs, 19 Westcotes Drive, LE3 0QT

Time: 1-2.30 pm

Thursday 7th January – Thursday 18th March

(10 week course)

£7 – 9 drop-in or pay in full for the whole term with £5 reduction

Email me for bank details

NO session on Thursday 18th 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. Surya Namaskar, Pranayama and Meditation will be integral to each session. Please bring a mat and a block**.**

Beginners welcome as well as those with experience.

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