

Mindfulness Yoga for Women with Nerissa

Venue: Wesley Hall, 76 Hartington Road, LE2 OGN

Time: 1.30-2.30 pm

Tuesday 5th January - Tuesday 16th March

(10 week course)

£3 – £5 drop-in

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

N0 session on Tuesday 16th 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.

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