



6 Week Online Course

YOGA

for Total Wellbeing

Tuesday 16th March - 20th April 2021
6.30 -7.30pm - £72. Limited to 8
participants

- Healthy eating and exercise on the 'back burner' over lockdown?
- Struggle with meditation? Find it hard to still your mind?
- Prefer a gentle Yoga class due to injury or feeling 'inflexible'

Please contact Helen: 07961 154 444 or www.themagicofyoga.co.uk to book.

With 17 years' experience teaching Yoga to all levels, you are invited you to experience basic Yoga poses, Mindfulness and Meditation...This course will also include healthy recipe suggestions and simple wellness 'homework' which will elevate your self-care habits and reconnect you with the best version of yourself!

