

Iyengar Yoga Trinity Church Gosforth N23 4AG



Location **North, Tyne And Wear**
<https://www.freeadsz.co.uk/x-417366-z>



Iyengar yoga for men and women of all ages and abilities. Improves flexibility, increases core strength and promotes a positive mental attitude. Classes start 18th October, 6.45-7.45pm. Experienced teacher. Clear, step by step.



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