

# Yoga Classes



Location **London, London**  
<https://www.freeadsz.co.uk/x-251499-z>



Classes:

Thursday 19:00-20:00

Saturday 10:30-11:30 Classes are in a private studio suitable for all levels. Begin your journey to a better life with peace, love, beauty and happiness. tone muscle and strengthen your bodies structural integrity increase coordination and balance increase body awareness reduce stress improve flexibility burns calories Call: 01784 467 853 Email: [email&#160]



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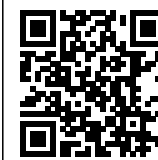
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