

## Yoga classes

New YOGA Class
for men and Women of all ages
Coming soon
Mondays 6pm - 730pm
Experience the relaxing benefits of
YOGA
for yourself.
Special introductory offer
£25 for your first 5 classes
At
Mind and Body Yoga Studio
\$2 Botton Strest, Bury 8L9 0LL
Right opposite Castle Leisure Centre
Contact Lesley 07871 337000
Email xx46sely95igmail.com
For more details.
Book online at:
Mindandbodybury.co.uk



Location **North, Lancashire** https://www.freeadsz.co.uk/x-257890-z



Mindfullness yoga with children - teaching techniques to calm and relate to emotions through yoga stories and games ;

Yoga	classes
https://www.freeadsz.co.	Jk/x-2578
Yoga	classes
https://www.freeadsz.co.	uk/x-2578
Yoga	classes
https://www.freeadsz.co.	uk/x-2578
Yoga	classes
https://www.freeadsz.co.	uk/x-2578
Yoga	classes
https://www.freeadsz.co.	uk/x-2578
Yoga	classes
https://www.freeadsz.co.	uk/x-2578
Yoga	classes
https://www.freeadsz.co.	uk/x-2578
Yoga	classes
https://www.freeadsz.co.	uk/x-2578
Yoga	classes
https://www.freeadsz.co.	uk/x-2578
Yoga	classes
 https://www.freeadsz.co. 90-z	uk/x-2578