

## Yoga classes

New YOGA Class
for men and Women of all ages
Coming soon
Mondays 6pm - 7:30pm
Experience the relaxing benefits of
YOGA
for yourfielt
Special introductory offer
£25 for your first 5 classes
At
Mind and Body Yoga Studio
52 Bolton Street Bury BL9 Otl.
Right opposite Castle Leisure Centre
Contact Lesley 07871 337900
Email xodes/poligmail.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 ;

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