

yoga classes in swansea areas



Location

Wales, West Glamorgan

<https://www.freeadsz.co.uk/x-296351-z>



Yoga classes held on Mondays at bungies gym ravenhill swansea and Wednesday evenings and Friday mornings at birchgrove community centre swansea classes cover breathwork , stretches relaxation and meditation ..classes suitable for mixed ability. Please bring a mat and blanket for relaxation. Men warmly welcomed. Please contact me for more information;



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