

# DYNAMIC FLOW YOGA AT EDEN BLUE IN EASTBOURNE (7 GBP)



Location **South East, East Sussex**  
<https://www.freeadsz.co.uk/x-351897-z>



Dynamic Flowing Yoga This yoga class is a dynamic flowing style of yoga harmonising breath and movement to give strength and grace. You will feel both energised and revitalised after each class. Within the classes we focus on breath awareness, building core strength, stretching and lengthening the body. The classes are suitable for all levels and abilities. Start Date: 9th June Class 1: Thursday 9.30am - 10.30am Level: Suitable for all levels Cost: £7.50 drop in / £7 per session when booked termly in advance. Info: Mats provided but please bring your own if you have one! Wear light clothing and bring a bottle of water. No experience required. Refreshments: Tea, coffee, drinks and snacks available. Telephone: 01323 639 883 01323 639 8...(click to reveal full phone number) Address: Eden Blue, Unit 19, 1 Green Street, Eastbourne, BN21 1QN Website: [www.edenblue.co.uk](http://www.edenblue.co.uk) Email: click to contact Facebook: <https://www.facebook.com/edenbluecentre> Twitter: [twitter.com](https://twitter.com/edenbluecentre)



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