

Iyengar Yoga Classes Starts October 2016



Location

North, Tyne And Wear

<https://www.freeadsz.co.uk/x-397682-z>



Iyengar Yoga classes suitable for all levels of ability - beginners and improvers - all welcome. Starting October 2016. Trinity Church, Gosforth, NE3 4AG. Tuesdays 6.45-7.45pm. The benefits of yoga include a calmer mind and improved relaxation. The Itengar method is renowned for its precision and attention to detail. Practitioners strive for total physical awareness, mental clarity and ultimate serenity. Whether you are an experienced practitioner, or trying yoga for the first time, you'll feel welcome in the warm and friendly atmosphere at Iyengar Yoga classes. ;



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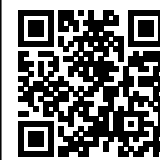
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