

# Check Out The Secret To A Healthier Lifestyle



Location **North, Cheshire**  
<https://www.freeadsz.co.uk/x-434161-z>



Yoga \* Improves your flexibility

\* Perfects your posture

\* Drops your blood pressure

\* Makes you happier

\* Helps you focus

\* Helps with Stress

\* Maintains your nervous system

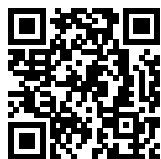
\* Releases tension in your limbs

\* Helps you sleep deeper For more Information please check out the link below <http://tinyurl.com>



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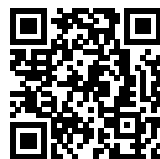
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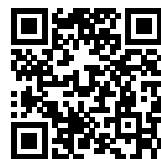
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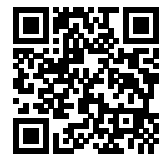
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