

Yoga - Tuesday039s 7.30pm London Waterloo



Location **South East, Surrey**
<https://www.freeadsz.co.uk/x-458275-z>



Yoga is a great way to reduce stress and let go of tiredness. With effective stretches to align your skin, muscles, and bones. This relieves tightness in the neck, shoulders, lower back and hamstrings. An excellent way to relax and let-go with focused breathing to help bring peace to the mind and body. This will bring calmness and a sense of well being. What are the benefits? Release deeply held tension. Improves respiration, energy and vitality. Relieve neck and back-ache. Quiet the mind and improve sleep. Reduces stress and anxiety. Helps maintain a balanced metabolism Who's this for? This class is suitable for anybody who is looking to enjoy the benefits from a good stretch and deep relaxation. No experience is required for you to enjoy this class as plenty of adjustments and modifications – if required. It acts as a great introduction to yoga and introduces some effective breathing exercises. Visit joyfulbodyyoga.com to book this class



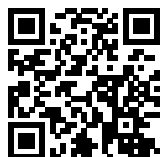
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