

# YOGA CLASSES FOR BEGINNERS (30 GBP)



Location

**South East, Middlesex**

<https://www.freeadsz.co.uk/x-473597-z>



ONE-TO-ONE YOGA SESSIONS Not only do one to one classes help you gain a more thorough understanding of yoga as an exercise form, they also allow your yoga instructor to personalize your yoga session to address specific needs, something which is not possible in group classes. Not only do one to one classes help you gain a more thorough understanding of yoga as an exercise form, they also allow your yoga instructor to personalize your yoga exercise plan to address specific needs, something which is not possible in group classes. Inspiring tranquility and centeredness, clarity and elevation of thought, yoga fosters far reaching health and wellbeing benefits, such as increased flexibility and physical strength, healthy circulation, improved restful sleep, enhanced creativity, increased self-esteem, vitality and enlightenment. ;



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