

# Very Gentle Yoga, Sundays 7.15-8.15pm Polegate Community Centre (7 GBP)



Location

South East, East Sussex

<https://www.freeadsz.co.uk/x-493061-z>



New Class beginning 29th January! Come and learn some very gentle yoga movements, breathing and relaxation techniques in a friendly, supportive environment. Suitable for beginners as well as experienced yogis, people with aches, pains, anxiety and stress, to relax and renew before the start of a new week. Please bring a yoga mat (I can lend you one if you let me know in advance) and a blanket for relaxation at the end.

For more information call Laura on 01323 469161 01323 4691...(click to reveal full phone number)

Email: [click to contact](#)

[www.lauraslidel.co.uk](http://www.lauraslidel.co.uk)



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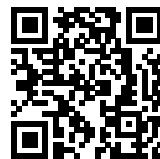
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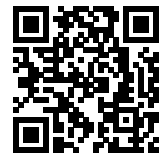
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