YOGA in Sittingbourne on a Tuesday (6 GBP)



South East, Kent Location

https://www.freeadsz.co.uk/x-537338-z

TUESDAY EVENING YOGA

New House Youth Centre, Chalkwell Road, Sittingbourne ME10 2LP

COME FIND OUT WHAT THAT YOGA MALARKEY IS ALL ABOUT...

45 minutes yoga followed by 45 minutes meditation

6.30 - Yoga £6.00

7.30 - Meditation £6.00

£8.00 for both

Allow your mind & body to restore, renew & connect with an energetic 45 minute 'vinyasaa flow' yoga class. Suitable for all levels. Followed by a beautiful 45 minute guided meditation class. Yoga mats provided, wear comfortable clothing. No need to.





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