

YOGA in Sittingbourne on a Tuesday (6 GBP)



Location **South East, Kent**
<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...

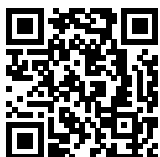
45 minutes yoga followed by 45 minutes meditation

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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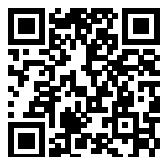
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