

Yoga and Relaxation, Conqueror Hall Kingsmere, Thursdays 7.30-8.30pm (7 GBP)



Gentle Relaxing Yoga with
Laura

Conqueror Hall, Horsa Close
BN23 6TL

Thursdays 7.30-8.30pm
starting 24th August

£7 drop in or £30 for 6
Please bring a mat and
blanket

Email info@lauraslidel.co.uk if
you'd like to know more
Hope to see you there!

Location

South East, East Sussex

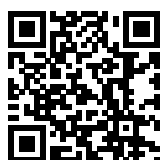
<https://www.freeadsz.co.uk/x-548520-z>

Come and join this friendly class, suitable for beginners and more experienced yogis. Ease any aches and tension and leave feeling super relaxed! Bring a mat and a blanket. Email click to



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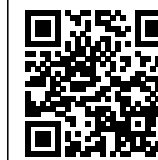
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