

Yoga amp Meditation (4 GBP)

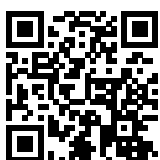


Location **South East, Berkshire**
<https://www.freeadsz.co.uk/x-573985-z>



Come along to relaxing Yoga & Meditation every Friday 6:30 - 7:30pm and Sunday 10:00 - 11:00am at Basingstoke Canal Centre, Mytchett, GU16 6DD.

We will do 30 - 40 mins gentle yoga stretches, followed by a guided meditation. All levels welcome. Please bring your own yoga mat and cushions. Chairs.



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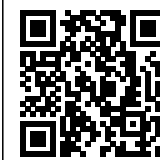
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