

Chakra Dancing Exercise Class - Yate, Bristol (5 GBP)



Location **South West, Avon**
<https://www.freeadsz.co.uk/x-584649-z>

Chakra Dancing Exercise Class - Yate, Bristol, Through spontaneous free form dancing, guided by an instructor, we can free up our natural energy flows to harmonise and balance the energy centres that run throughout the body, creating positive changes that we can all benefit from - and best of all, there's no coordination necessary! Everyone experiences energy blockages in the body, causing fatigue, low energy levels, stress, lack of confidence, or simply the pressures of everyday life. Imagine allowing your body to release it and then let it go.

Every Wednesday - 0930am-1030am

Conference Hall, Ridgewood Community Centre, 244 Station Road, Yate, BS37 4AF
 (The Conference Hall is in the front of the Ridgewood Community Centre Complex)

£5.00 each

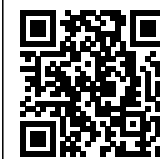
Loose, layered clothing and Trainers are recommended. Please bring drinking water with you. No coordination necessary. Suitable for all fitness levels and abilities. No floor work involved!

For more information :

Text/Call: 07954406640 079544066...(click to reveal full phone number)

Email: click to contact

Website <http://www.julieshowering.co.uk>



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