


Yoga classes



YOGA for Relaxation



New YOGA Class
for men and Women of all ages

Coming soon
Mondays 6pm - 7.30pm

Experience the relaxing benefits of
YOGA
for yourself.

Special introductory offer
£25 for your first 5 classes

At
Mind and Body Yoga Studio
52 Bolton Street, Bury BL9 0LL
Right opposite Castle Leisure Centre











Contact Lesley 07871 337000
Email xxlesley@gmail.com
For more details

Book online at:
Mindandbodybury.co.uk

Location **North, Lancashire**
<https://www.freeadsz.co.uk/x-257890-z>

Mindfulness yoga with children - teaching techniques to calm and relate to emotions through yoga stories and games ;



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