



# Beginners Yoga, Eastbourne - First class FREE



Location **South East, East Sussex**  
<https://www.freeadsz.co.uk/x-373363-z>



Are you looking to be more relaxed, strengthen your body and mind, get better sleep and have an overall better feeling of wellbeing? Then come and attend beginners yoga classes with me in Eastbourne and get your first class absolutely FREE! Classes are relaxed and fun and I welcome absolute newbies onwards. Classes are Wednesdays 9.30-10.30 A.M.. and Thursdays 5.45-6.45 P.M.. Call Jen Geering to book on 07950 663969 07950 6639...(click to reveal full phone number) , email on click to contact or visit my website at [www.yogasussex.com](http://www.yogasussex.com) Classes after that are £7 drop in or £36 for a block of six.

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