

# Kids amp Teens Yoga amp Meditation Class in Eastbourne, Old Town at Eden Blue (6

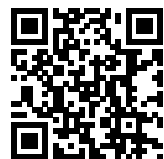


Location **South East, East Sussex**  
<https://www.freeadsz.co.uk/x-439653-z>

Relaxing Yoga Class Yoga will help young people to harmonises the mind, body and spirit and enhances a sense of peace and well-being. Through a series of postures and breath work, participants develop strength, flexibility and a clearer mind. Yoga can help to rebalance and realign the body. Start Date: 31st October Class: Monday 4pm - 4.45pm Level: Suitable for all levels Cost: £6 per class (term fees apply) Info: Mats provided but please bring your own if you have one! Wear light clothing and bring a bottle of water. No experience required. Refreshments: Tea, coffee, drinks and snacks available for parent who may have to wait for their children!! Telephone: 01323 639 883 01323 639 8...(click to reveal full phone number) Address: Eden Blue, Unit 19, 1 Green Street, Eastbourne, BN21 1QN Website: [www.edenblue.co.uk](http://www.edenblue.co.uk) Email: [click to contact](#) Facebook: <https://www.facebook.com/edenbluecentre> Twitter: [twitter.com](https://twitter.com)



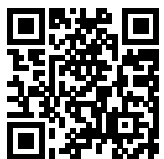
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