

Hatha Yoga for mixed ability students-Eastbourne



Location **South East, East Sussex**
<https://www.freeadsz.co.uk/x-462523-z>

This is traditional Hatha Yoga style class. The class is designed to work on variety of breath works, different warm ups, diverse physical movements and relaxation techniques with lots of repetitive postures practiced every week. Date and Time: Mondays 6.45pm – 8pm RATES: New student-1st Class £5 1 class- Pay As You Go £7 SPECIAL OFFER FOR LIMITED TIME ONLY 8 week block £40 ONLY (the offer expires on the 31st of December 2016) The Enterprise Centre (studio 2) Eastbourne, BN21 1BD The entrance to the studio in the evenings is at the back of the building (yoga buzzer upstairs). 07447293489 www.justynaszulc



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