Kundalini Yoga amp Meditation

Location **South East, Middlesex**
https://www.freeadsz.co.uk/x-513736-z

I teach a beautiful Kundalini Yoga class on Sunday mornings in Weybridge for those of you suffering with stress & anxiety, as well as with aches and pains. Sundays: 10.30am - 12.30pm 20 Springfield Lane WEybridge KT13 8AW (a few steps off Baker St. or behind Pizza Express) Parking on Baker Street or at the public car park which is at a walking distance from the venue. This class is perfect for all levels (ages 13 +) and it's a non-competitive type of class that focuses on gentle but effective exercises that dispel tension and emotional stress; open the joints and relieve pain; and help you relax your mind & cultivate tranquility and serenity. £25/person www.EliteFitnessAndSoulYoga.com click to

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