

CHAIR YOGA/STANDING WITH SUPPORT OF A CHAIR FOLLOWED BY RELAXATION

DAYS-SATURDAY & TUESDAY

10AM -11PM

VENUE @NEWBRIDGE SURGERY

TRADITIONAL YOGA CLASS ON A MAT SUITABLE FOR ALL LEVELS FOLLOWED BY RELAXATION.

MONDAYS -5PM TO 6PM

VENUE @ NEWBRIDGE SURGERY

FOR MORE INFORMATION AND TO BOOK

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