

Monthly Sunday Yoga



A relaxing Sunday evening class

A monthly yoga session for you to release the events of the week and start the new week refreshed and relaxed. I teach yoga inspired by Vanda Scaravelli – we focus on the spine, breath and easing into poses. The class is for those who have already been to a few yoga classes. **Cost £15 in advance. Please book as spaces are limited to 8 people**

One Sunday a month currently 6.45pm – 8.15pm

(the session will be earlier as the nights get darker)

Base Space, Base Business Park (Formally known as USAF

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Scan me!