



YOGA WITH EMMA BOND

Join me for a relaxing monthly workshop on the second Sunday of each month at Base Space in Rendlesham. I teach yoga inspired by Vanda Scaravelli- her principles were breath, gravity and lengthening the spine. The classes are suitable for those with some yoga experience.

Places are limited to 8 so booking is advised

For more information or to reserve a space please get in touch:
07960390301

The class will be from 6pm to 7.30pm. Autumn dates are:

Sunday 13th September

Sunday 11th October

Sunday 8th November

Sunday 20th December (winter solstice)

