

Breathe

"Breathing in, I calm myself,
breathing out, I feel at ease"

Thich Nhat Hanh

a yoga class dedicated to finding your own
healthy breathing pattern & relaxing

When 18:00-19:30 - 11 Nov, 19 Jan, 3 Feb, 3 Mar
8 Dec @ 11:12:30

Where Foxlowe Arts Centre, Market Place , Leek ST13 6AD

Who for If you are interested in staying healthy, all levels of
experience welcome. Mats available or use a chair

Registration / Information

info@paulacharnley.com

07484839238

FB @paulacharnleyshiatsucounsellingyoga

Fee

prebook £10

door £13



Paula Charnley
Shiatsu • Counselling • Yoga