

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 2 Sept, 7 Oct, 11 Nov, 8 Dec 18:00-19:30

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

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Fee £8



Paula Charnley
Shiatsu • Counselling • Yoga