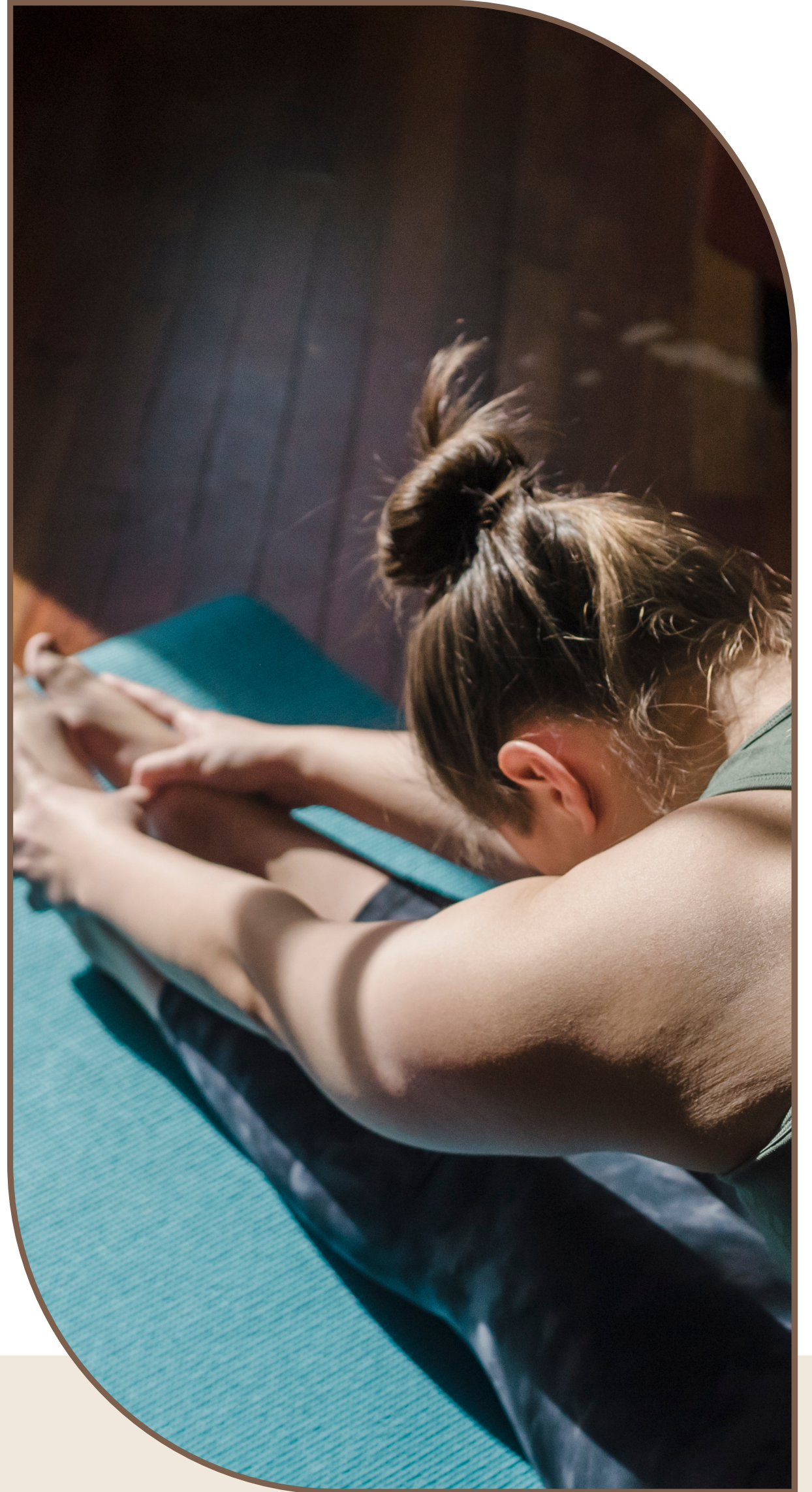




YIN YOGA

An awesome complement to life. Helps to achieve an active lifestyle and aid in injury prevention. This slow practice provides deep tissue release through gentle mat-based lying and seated postures.



18:40 - 19:25



Mondays starting 15th April



WMLC Studio / Community Room



6.55



01595 807713



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