

WALK & YOGA

Headstone Manor Park

HA2. 6PX

LED BY A CERTIFIED YOGA THERAPIST
FROM 24TH MARCH, 2024

WEDNESDAY & SUNDAY 10-11 A.M.

MEET BY THE MOAT CAFE

Free session

ALL LEVELS WELCOME

NO MATS NEEDED

NO REGISTRATION REQUIRED

JUST SHOW UP

- WALK AT YOUR PACE
- GENTLE YOGA STRETCHES
- MAKE NEW FRIENDS
- FEEL NOURISHED & RELAXED

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