

Your Space Yoga

Relax... Breathe... Relax... Mobilise... Relax... Stretch... Relax...

Hatha yoga for all ages & abilities

Mondays 6.30 – 7.30pm

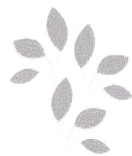
Starting 23 April 2012

Lifeforce Centre, 3 East Hill, Colchester CO1 2QL

Block bookings £5 per class or pay as you go £6 per class

Gentle yoga suitable for all – no experience necessary. Mobilise your joints, build strength, stretch and ease muscular tension and most of all relax!

Mats, blankets, blocks available or bring your own. Please wear warm loose fitting comfortable clothes.



Make some space in
your life for you...

Your Space 

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Please email, call or text for further information and bookings