

ASHBY YOGA

YOGA FUSION CLASS

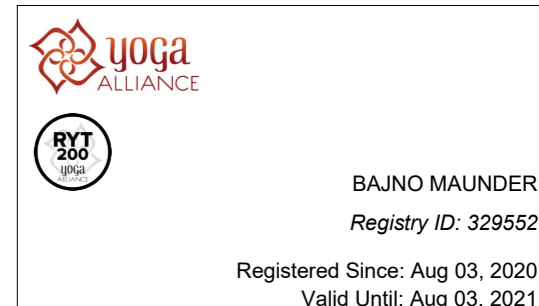
A yoga-based class which embraces elements of, Tai Chi and Pilates. The class focuses on building stamina, flexibility and strength and will leave you feeling centred and calm. Baj will guide you through controlled breathing, concentration and a series of energising flows of stretches, asanas(poses) and moves to music that create a holistic workout, leaving your body, mind and soul in a state of harmony and balance.

Suitable for all ages and abilities...beginners and 50+ are very welcome.



YOGA FUSION CLASS TIMETABLE

DAY	TIME	VENUE	COST
MON	11AM 6PM	T.B.C. T.B.C.	£7
TUE	10 AM 11.15 AM	ST HELENS HERITAGE centre	£7
WED	6PM 7PM	AS ABOVE	£7
THU	6PM 7PM	AS ABOVE T.B.C.	£7
FRI	10 AM 11.15 AM	T.B.C. T.B.C.	£7



1-1 lessons available in home studio upon request.

Contact: Baj
07790558683 Or
bmal0333@gmail.com

BOOKING IS ESSENTIAL