

# Yoga 2 Go

**What?** Start your Yoga journey and discover the benefits yoga will bring to your life — peace and calmness, as well as improved flexibility, balance & strength

Aimed at beginners to intermediates, it is suitable for all ages and abilities.

**When?** Every Monday from 7:15 pm in the Paddlesworth Rooms.

**Cost?** £8 per session

For more details, get in touch with David on **078502 396696**

