



Starting on Tuesday 23rd April 2019 (and weekly thereafter).
Time: 9:30am – 10:45am

General Information

Instructor: Mandy Nichols Certified Yoga Instructor
Contact: purerelaxationuk@yahoo.co.uk
Facebook: Mandy Nichols Pure Relaxation Yoga

- ✚ £8 per class (or membership scheme available)
- ✚ Suitable for beginners and all abilities
- ✚ Convenient “drop in” classes – no need to book
- ✚ Please wear comfortable clothing
- ✚ Bring a Yoga Mat, Blanket and a Cushion for Relaxation (spares are available)

‘Begin your journey to peace, health and happiness’