

ChillOut Yoga



Wednesday 29 January
FREE Yoga Taster Session
10-11.30am

Find out more about ChillOut Yoga, Meditation & Relaxation classes...

- Introduction to the different styles of yoga classes offered
- Chat about benefits of yoga and meditation
- Answers to your questions so you can decide if any of the classes will suit you

Bring a yoga or exercise mat if you have one, a bottle of water, 2 blankets and wear loose, comfortable warm clothing

Places are limited so please book!

07791 385240

welcome@chilloutyoga.co.uk

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