

8:30
SUNDAYS



Barefoot Yogini

NEW YOGA CLASS!

Enstone Parish Hall
Every Sunday from 12th August
at 8:30 am

A seasonal vinyasa yoga class, designed to align the body and mind with the changing energies of the season, whilst improving physical strength and flexibility. A real antidote to modern day stress!

A strong class but suitable for all levels of yogis. Come and give it a try!

£10 drop in, or £50 for a 6 week block

KIRA.WATKIN@YAHOO.CO.UK
07887512523
WWW.BAREFOOTYOGINI.CO.UK