



Vinyasa



Yoga

all levels

Thursdays 7:30 – 9:00, starts 5th Jan. 2012
at Motionhouse Dance Studio, CV31 3SY

call 07988 848308 to register

please bring a yoga mat or ask me to bring one

Classes cost £7 if you sign up for a full term (or remaining fraction thereof) or £10 for a drop-in.

with Michelle Palmer, Ayurvedic Health Consultant
and Yoga Teacher: www.michellepalmer.net

Vinyasa Yoga is a lovely way to work out, bliss out
and have fun. This light-hearted class is great for
anyone seeking a strong back and core, flexibility,

fitness, relaxation, less stress,
more energy and total
enjoyment of their body.

