

Transformation Hatha
YOGA
for health and relaxation

- *releases tension*
- *improves posture, flexibility & co-ordination*
 - *develops concentration & clarity*
 - *promotes strength & stamina*
- *creates a sense of well being & happiness*

Priston Village Hall

Monday mornings 9.30 – 11.00 a.m.

Cost : £6 a class



for further information please contact

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