

# New Wednesday Yoga Class



Yoga to energise the body and calm your mind, suitable for all levels and ages.

We Breathe, We Move, We Relax

WEDNESDAY @ Chapel-en-le-Frith Town Hall

9.30am -11am

£6.50

Call Sarah on 07930488087 or email [yogasoulsbysarah@gmail.com](mailto:yogasoulsbysarah@gmail.com) to book and/or find out more



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