

Introduction to Yoga

Do you want to improve your flexibility, strength and wellbeing?

Learn how to improve your mental and physical wellbeing.

We will show you how Yoga can help:

- Gain all-round fitness
- Increase energy
- Reduce stress
- Breathe better

When: Mondays, 22.06.2020 - 20.07.2020

Where: Online via Zoom

How long: 5 sessions

Time: 12:00pm - 2:00pm

Cost: FREE

Reference: C3745518

Book today:

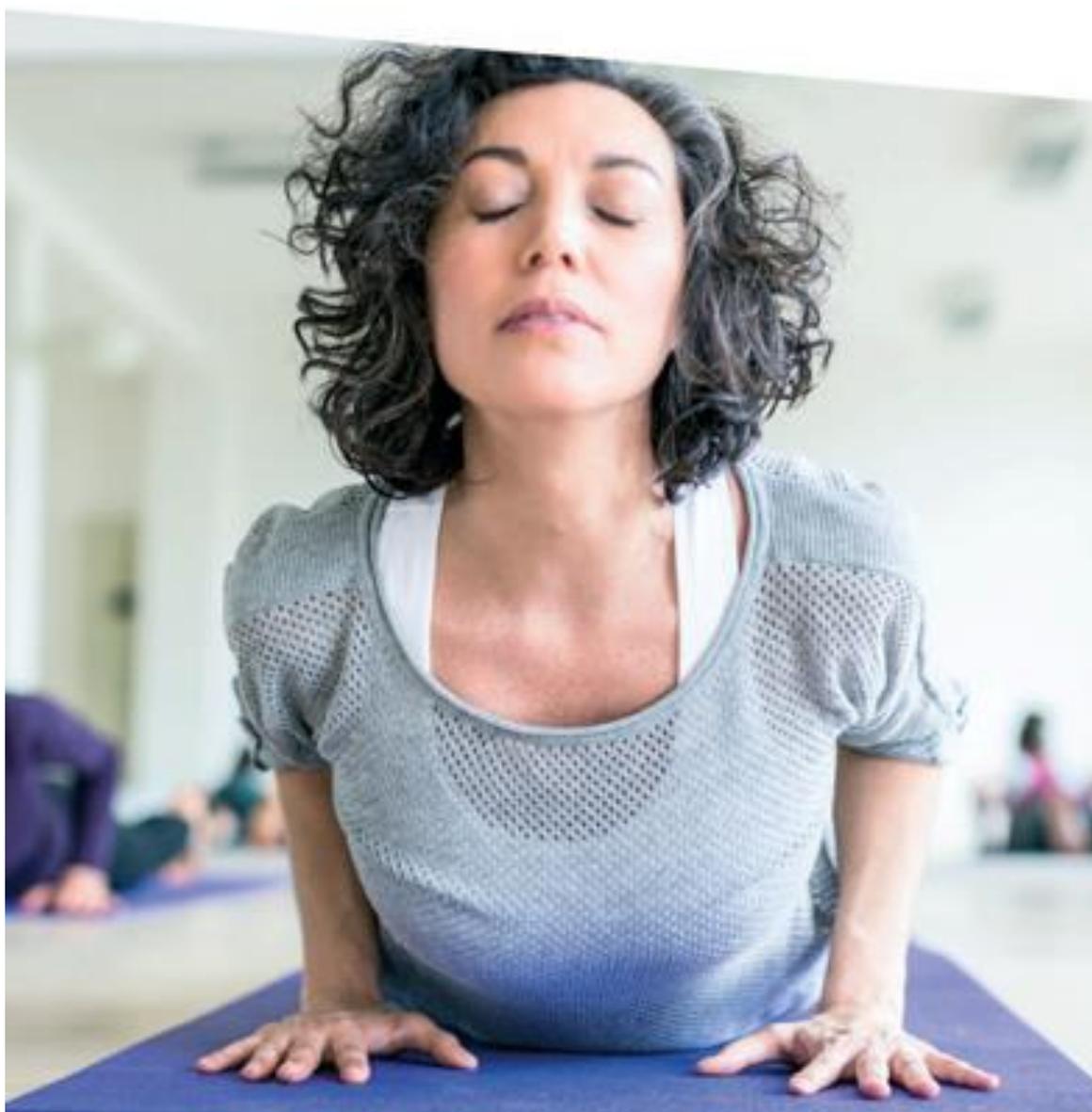
Enrol online at www.wea.org.uk or phone 0300 303 3464



The WEA is a charity registered in England and Wales (no. 1112775) and in Scotland (no. SC039239).

wea.org.uk

Health & Lifestyle



WEA
Adult Learning
Within Reach