

Summer Yoga classes at **A-viva** with Pam



Tuesdays 16:00 – 17:30

First class Tuesday 30th June

Cost: Free of charge

Please bring an exercise mat

Sivananda is a relaxing style of yoga following a sequence of 12 basic postures to help improve strength, flexibility and stillness of the mind.

Places are limited so please e-mail
info@complementingtherapies.com to secure a place



www.complementingtherapies.com

Physiotherapy Yoga Massage Exercise