

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



**Tuesdays 16:00 – 17:30**

First class Tuesday 30<sup>th</sup> 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](mailto:info@complementingtherapies.com) to secure a place



[www.complementingtherapies.com](http://www.complementingtherapies.com)

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