

**FREE class Taster
Evening
Friday 8th Sept 6.30-9pm**



**6.30pm Welcome and introduction to Tranquility with Kerrie,
+ Inner Dance for Parents and Children with ASD**

7pm Dru Yoga with Susan

Based upon flowing movements, Dru Yoga is both a graceful form of movement and a potent means of stress relief. Suitable for all bodies, ages and flexibilities.

7.30pm Hatha Yoga with Yvonne

This class will focus on slowly warming up our bodies in order to prepare for some gentle hip opening postures. It will end with a well earned relaxation.

8pm Mindful Yoga with Lynda

A slow paced, calming class with a focus on the breath, body & mind.

8.30pm Inner Dance with Kerrie

A guided internal journey set to music lying on a mat with blankets
Come along and meet our lovely teachers and find out what is on offer
in our peaceful studio. Please book your free space here:

<https://www.eventbrite.co.uk/e/free-taster-class-evening-at-tranquilityy-tickets-35534531741>

**If you have any questions
please call or email Kerrie
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TRANQUILITY
Holistic Therapy Centre and Studio

