

Mindful Yoga



gentle yoga & mindfulness classes
for all ages & abilities

£6 per class

Young people 12-16yrs welcome with an
adult

Tuesdays 5-6pm

Tranquility Holistic Centre and Studio, Chilwell NG95BB

Please contact: Lynda Butler-Staples

07763778339

mindful.yoga@yahoo.co.uk www.Facebook.com/mindful.yoga.2016

<https://10to8.com/book/tranquilityevents/>