

Yoga Nidra

with Lynda Butler-Staples



A session of gentle stretching, deep relaxation, calming essential oils, hot drink and a sweet treat.

No yoga experience is needed and all stretches are seated or lying

Friday 28th July 2017

7-8.30pm

£10

07763778339

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

At Tranquility Holistic Therapy Centre, Chillwell NG9 5BB