



FREE class
Taster Evening
Friday June
9th



7pm Welcome and introduction to Tranquility with Kerrie

7.10pm Mindful Yoga with Lynda

A slow-paced calming yoga class for all abilities.

7.40pm Sun Power Yoga with Sarah

A flowing class to connect the mind, body and breath to improve fitness, flexibility and stamina for all abilities.

8.10pm Ashtanga Yoga with Danielle

A fast-paced, physically demanding practice that links breath, gaze and bandhas to create heat which purifies and detoxifies the body.

8.40pm 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. No need to book, just turn up!

First come, first served.

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

