

Yoga class

Don't know what to do on Friday mornings after school drop-off?

Why not do some relaxing exercise!

Drop in to Rode Chapel for Stephanie's Hatha **Yoga class** from 9.30-10.45am.
Good for back pain, tight muscles and stress. You'll feel amazing!

All levels welcome. Mats provided. £10 drop-in.

FIRST CLASS FREE!

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