

YOGA

**Create a sense of harmony and well-being
With Nurturing and Restorative Yoga
Develop Body Awareness, Posture,
Meditation, and Breath Work;
Increasing suppleness,
releasing stress**



**Mondays & Thursdays 7:30-9:00pm
Combining Hatha & Kundalini Yoga. At: Strawbale Studio, Michael's
Folly, Henderson Place, Epping Green,
near Hertford, SG13 8NE**

**Tuesdays 7:30-9:00pm Kundalini Yoga
Wednesdays 10:00-11:30am Combining Hatha & Kundalini
At: Quaker Meeting House, 109 Handside Lane,
Welwyn Garden City, AL8 6SP**

**Contact: Fabrizia 01707 879597
(British Wheel of Yoga Foundation Certificate
& Yoga For Health teacher trained. Private tuition also available.)**

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**Find your inner stillness and peace
Allow your essence to emerge and shine**

