

YOGA WITH MARILYN

Would you like to improve your strength, balance and flexibility and also your well being ?



Then why not join the new Yoga class in Edington Parish Hall which is starting on **Friday 14th April 2023**

When: Each Friday morning from 14th April

Where: Edington Parish Hall

Time: 10.30am to 11.30am

Cost: £7.00 per session

All are welcome. If you already have a mat, please bring it with you.

For more information contact Marilyn on 07941095263 or email maryoc1951@hotmail.com



Yoga focuses on the joining together of mind, body and spirit through three main practices: postures, breathing and meditation.

