

YOGA FLOW



A SLOW FLOW YOGA PRACTICE TO:

**Re-energise & Release
Balance & Breathe
Deep Dive into Stillness**

WEDNESDAY 7-8pm

THE PEARSON CENTRE

2, Nuart Rd, Beeston, NG9 2NH



Beeston
FITNESS

**For more information:
Call 07973 569394
Visit www.beestonfitness.co.uk**

