



# Mindful Yoga

## unity & balance

Experience deep yet gentle exercises which connect mind and body, opening up space in our joints, bringing life to the spine and nourishing our sense of wellbeing.

During the sessions, our focus is on the breath, which helps to relieve tension and bring a soft lightness to mind and the body, restoring balance, stability and calmness.

### **Sessions and workshops**

Weekly class (term time)

Thurs 9.30-10.45am at the Wild Goose Space, The Yard, Mina Road, St Werburghs

One to one yoga therapy, Small group sessions and Bespoke workshops

**To find out more or to book a session, contact Claire-Louise:  
07949 399633 or [mindfullyoga4all@gmail.com](mailto:mindfullyoga4all@gmail.com)**