



Yoga Class

Worleston Village Hall, Nantwich

Wednesdays, 6-7pm

Suitable for most levels, including beginners

Flow style yoga, focusing on flexibility, strength and balance.

£7.50 drop in, or £20 for block of 4 weeks

BOOKING ESSENTIAL due to social distancing

Contact Mandy on 07776257755 to book, or for more info