Free or donations welcome



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GENTLE FLOW YOGA

JEAN-CHARLES, WITH MANY YEARS PRACTISING IN INDIA AND EUROPE, IS OFFERING GENTLE FLOW YOGA.

THE PRACTICE AIMS AT HARMONISING MINDFUL BREATHING WITH FINELY TUNED MOVEMENTS RELEASING TENSIONS IN THE SPINE, MUSCLES AND JOINTS.

THE PRACTICE IS ACCESSIBLE TO COMPLETE BEGINNERS AS WELL AS PROVIDING A CHALLENGED TO THOSE MORE EXPERIENCED.

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Thursdays: Starting Nov 4th at 6-7pm. COME AS YOU ARE IN A FRIENDLY, FUN, AND SAFE CONTEXT

RIVERSIDE COMMUNITY CENTRE. BRUNEL STREET RIVERSIDE CF 11 GES (PARKING OUTSIDE)

