

Are you looking to boost your physical and mental well-being?

- Reduce stress and anxiety
- Improve sleep
- Enhance physical strength
- Improve flexibility and balance

Friendly and nurturing classes.

For more details contact Jo.

## Yoga With Jo



**07760 863318**  
**yogawithjomail@gmail.com**

### Storth Village Hall

#### **Gentle Yoga**

Wednesday 9-10am: £7

#### **General Hatha Yoga**

Thursday 6-7.30pm: £8

### Arnside W.I. Hall

#### **Gentle Yoga**

Tuesday 10-11am: £7

### Holme Primary School

#### **General Hatha Yoga**

Wednesday 6.30-8pm: £8