

Yoga

Friday 10-11am £5 or £4 HLC

Play Resource Centre,
10 Mersey Rd, Runcorn WA7 1DF

Hatha Yoga (Physical postures) approx. 50-minutes of Mindful Movement,

Pranayama (Breath work)
Deep relaxation or meditation

All abilities welcome, modifications given to suit the student.
Wear loose/suitable clothing and bring a blanket for relaxation.

Please book in advance: Call Lynn Mooney (Lalitatirtha) on 07866915100

For further information on Physical Activity in Halton contact:

Paula Parle on 0151 511 8550 paula.parle@halton.gov.uk