

Yoga

Thursday 7-8.30pm £5 or £4 HLC

Castlefields Community Centre, Runcorn WA7 2HS

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

Pranayama (Breath work)
Deep relaxation and meditation

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

Call Lynn Mooney (Lalitatirtha) on 07866915100 for further info

For further information on Physical Activity in Halton contact:

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