



Mindful Meditation
Body Postures using Hatha, Sivanada and Somatic Movement
Breathing Techniques
Relaxation
Relieve body stress and tension to encourage pain free movement,
peace of mind and peaceful sleep

BOOKING ESSENTIAL
Christ Church Tettenhall Wood
Thursday 6.00 -7.30p
Classes at Perton and Wombourne

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Fully insured yoga practitioner over 30 yrs