



Yoga in greater depth with Nerissa

Venue: The West End Centre, Andrewes Street, LE3 5PA

Time: 5.45-7.15 pm

Monday 11th April – Monday 27th June

£60 for 10 sessions or £7 drop-in

NO sessions on Mondays 2nd and 30th May

**We will work on stretching, strengthening and toning the whole the body;
the underlying ethos will be mind, body and spirit working together.
Surya Namaskara and Pranayama will be integral to each session. Please
bring a mat and a block.**

www.yogawithnerissa.co.uk

nerissafields@yahoo.co.uk/07984810483