

## Restorative Yoga with Jade

Fridays from July 13<sup>th</sup>, 10.45-12.15



By practising restorative yoga, we slow down and open the body through passive stretching, which in turn allows our muscles to relax deeply, achieving a sense of well being on every level.

Contact: [jade@artisticlicenceagency.com](mailto:jade@artisticlicenceagency.com)

Cost: £8



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