

Gentle Hatha and Yoga Nidra with Kate

Mondays 7.45-8.45pm



A new Yoga Nidra class - complete rest and restorative yoga

Yoga Nidra can:

- Release chronic stress
- Give a greater sense of harmony to daily life
- Re align you
- Promote restful sleep
- Allow you to access a higher level of consciousness
- Experience a profound sense of contentment
- Re align you

It involves very slight movement. No yoga experience necessary

Cost: £35 for 4 classes or £10 drop in

For more information please email

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