

NINA FORBES



Yoga Classes for all levels with Nina Tuesdays & Wednesdays 7.30-8.45pm



Nina's classes build confidence in the foundational yoga postures, including the standing postures, key seated postures, forward-bends, back-bends, and inversions.

Both classes are suitable for beginners and those with yoga experience.

Cost: £12 drop in

For more information please email forbes.nina@gmail.com