

## Restorative Yoga with Noémie

Tuesdays 6.00-7.15pm



Yoga for people with too much on. Whether you are suffering from chronic pain, recovering from an injury or suffering from stress and its devastating side-effects, this is the class you have been looking for!

We embark on a journey towards the self. Working with the breath, we go within. With props, poses are often supported to allow a deeper, restorative experience. With gentle movements, we come into stillness.

This class is for everyone. EVERY BODY needs this!

Although 1 class is very beneficial, the long term effects of this practice will manifest from regular sessions.

Cost: £13 drop-in or £40 for 4 sessions

Contact: [focalheart@gmail.com](mailto:focalheart@gmail.com)

*"I did the Recovery class on Friday. It really helped as I'm post op. Helped with my back and shoulders as I had been inactive. Lots of breathing and relaxation too. Thank you Noémie x"*

- Karen H. , East Grinstead.



::FocalHeart Yoga::