

First session free. Booking essential. Call Mary-Ella 07983 976605



Teen Yoga

Wednesdays

6.30-7.30pm

Starting 30th October!!

£5*

1/2 term block booking £5 per session
Drop in £6.50 Ages 11-18

Teen Yoga Sports Coach Qualified



Adult Yoga

Wednesdays

8.00-9.00pm

£6.50*

10 week stamp card £6.50 per session
Drop-in classes £7.50

British Wheel of Yoga Qualified



KernowYoga provides a friendly, fun and comfortable environment in which to practice yoga. Beginners welcome. Postures and sequences re-energise you, followed by relaxation. Wear comfortable clothes and bring a warm blanket. Mats available.

www.kernowyoga.co.uk

THE CORE, SALTASH, PL12 4AE
Behind Cornwall College

enjoy improved well being, flexibility, strength, focus, breathing, ease of movement, balance & sleep