

MONTHLY SUNDAY YIN/YANG YOGA



Last Sunday of each Month 1-3.30pm Monton

**Monthly Yin/Yang Yoga class at Monton Memorial Hall,
Unitarian Church Monton** (*same venue as the Thurs classes*)

- **Sunday 28th Sept 1-3.30pm**
- **Sunday 26th Oct 1-3.30pm**
- **Sunday 30th Nov 1-3.30pm**

The class will allow us time to explore postures, breath and meditation in much more detail to gain a deeper and richer understanding of the practices and beauty of Yoga.

£15 no booking needed – SUITABLE FOR ALL LEVELS

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