

YOGA WITH PIP

A modern and relaxed approach to the ancient art and science of yoga. I aim to provide a fun and accessible approach to yoga and wellness and truly believe that yoga is for everybody.

Yoga for beginners @ Maer Village Hall

6-week course

Beginning Thursday 7th February

6pm till 7pm

Join me for a fun and welcoming class. A 60 minute session for those who are totally new to yoga or wanting to go back to basics.

6 week course £35.00



Improvers Yoga @ Maer Village Hall

6 week course

Beginning Thursday 7th February

7.15pm till 8.15pm

Get ya downward dog on. A 60 minute, open level and energising class with plenty of variations to suit everybody.

6 week course £35.00

Book on line at www.yogawithpip.com.

Or contact Pip on 07902660814, or via email on hello@yogawithpip.com