

Yoga from the Heart

With

Nicolene Scarr

Adult's Classes for increased strength, flexibility and balance for body and mind. Develop resilience and inner stability to face a tumultuous world with grace and courage.

Wednesdays, term time only.
7 pm – 8.30 pm

£39.00 for a six week block in February and March or PAYG at £8 per session

Toddler and Parent Sessions for 2 – 5 year olds and their adults to come together, move, have fun, sing and stretch. Inspired by Starchild yoga and Steiner education.

Wednesdays, term time only.

2 pm – 3 pm

£6 per family pair per session.

Classes will be at Coleby Hall, Askrigg, DL8 3DX. For more information and/or to book your place please contact Nicolene on 07908709390.

Please note that both classes will only run if there is sufficient interest, so please do get in touch to book your place to avoid disappointment.