

YOGA SESSIONS



Mondays 4.00 – 5.00.:
2019

11th February

18th February

25th February

4th March

11th March

18th March

25th March

GENTLE ADAPTIVE
YOGA!

GAIN CONFIDENCE!

NURTURE WELL-
BEING!

CONNECT WITH
OTHERS!

ENGAGE IN LIFE
LONG ACTIVITY!



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RUTH WAY

Somatic
Movement
Educator

University of Plymouth

