

Want to relax & get away from stresses of everyday life?

Yoga & Seated Yoga

With Madeleine Collins



Yoga helps improve flexibility and strengthen muscles, it is a relaxing & gentle exercise and is suitable for all.

Fridays from 9th June

Yoga 12pm—12.45pm

Seated Yoga 1pm—1.45pm

£7 per session or £34 for 6 sessions.

To book please call Compass Wellbeing on

01823 475250 or

email: info@compasswellbeing.org.uk