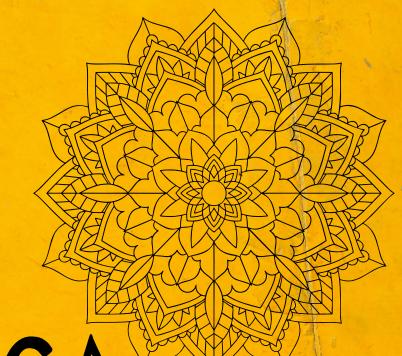
A joyful practice that blends both gentle and dynamic postures (āsana's) to awaken and uplift. With a focussed awareness on the breath (prānāyāma), bringing tranquility to the body, heart and mind.

An accessible class, for all levels, all abilities and all bodies.



## JUST YOGA

From the Vajrasati school

## When

<u>Friday's 1pm - 2pm</u> (starting the 18th September) Term times only

## Where

Exeter St Hall 16-17 Exeter St, BN1 5PG https://exeterstreethall.org

## **Booking is essential**

Please email - lisajnicholls@gmail.com Stating if you are an FUB student

Facebook.com/serenebodies