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**
Friday's 1pm - 2pm (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