

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](https://www.facebook.com/serenebodies)