

Wallingbrook Health Group

Things to do in

ASHREIGNEY

Activity	When & Where
Yoga	<p>Thursdays 10am-11.30 am and 7.30pm - 9pm</p> <p>Restore and reconnect with accessible, mindful yoga for calmness and comfort in body and mind.</p> <p>Contact Chloe Gibb on 07967 265751</p> <p>£6 per class for block bookings or £7 drop in.</p>