

Yoga for Strength

Halkyn Parish Hall

**Starting Thursday 8th October at
6.30pm (6 week course)**



Our Yoga course is aimed at building the foundations of strength, alignment and flexibility.

Would you like to have

- A strong, lean and toned body
- Freedom from joint pain
- A quiet settled mind free from worry

Then this course can help you.



**All sessions taught by Mike Cragg
(Level 5/Senior Yoga teacher, Strength
and Conditioning Coach and
Wellbeing Advisor)**

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