



body self
therapies



Mindful Flow Yoga

Hatha Yoga class for all
ages and levels of
experience with music

**Movement, breathwork and
meditation, to promote
flexibility, strength and
emotional wellbeing in a safe
and inclusive environment**

Teacher:

Georgia Giannopoulou

UKCP Qualified

Psychotherapist and

Yoga Alliance Professionals

Yoga Teacher

Tuesdays 9:30-10:30

St. Helen's Church Hall

Low Fell

scan QR for
social media



SCAN ME

weekly bookings www.yogawellbeing.org
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