

Supporting  
**CHILDREN & TEENS**  
with their general wellbeing

**YOGA AND WELLBEING FOR TEENS**

**FEEL HOT YOGA - ST ALBANS**

Friday 5.15pm - 6.15pm

**FEEL HOT YOGA - WATFORD**

Wednesday 5.15pm - 6.15pm

**YOGA FUN FOR CHILDREN**

**FEEL HOT YOGA - ST ALBANS**

Thursday 4.15pm - 5.15pm

**FEEL HOT YOGA - WATFORD**

Wednesday 4pm - 5pm

When booking a class, quote reference MNOI

**NEW  
WEEKLY  
CLASSES FOR  
CHILDREN &  
TEENS**

**feel** hotyoga &  
wellbeing 

Feel Hot Yoga & Wellbeing Watford - **01923 510380**  
Feel Hot Yoga & Wellbeing St Albans  
[www.feelwellbeing.co.uk](http://www.feelwellbeing.co.uk)

