

Rebalance, Calm, Restore, Energise.

**No mirrors, no judgement,
just great yoga!**

Burntwood's first yoga studio is opening in January 2022. Providing yoga for all abilities and levels of experience - beginners welcome.

Explore our range of classes including hatha yoga, flow yoga, yin yoga and pre & post-natal yoga.

Classes can be purchased on a pay as you go basis or membership subscriptions are available.

Class bookings now open at:
www.thewellbeingandwellnesscoach.com



FIND US AT:
Swan Island
Shopping Centre,
Chase Road,
Burntwood,
WS7 0DW

Opening Offers!

20% off

all pay as you go classes booked
before 31st January 2022

USE CODE - LAUNCH20*

50% off

first month of any membership
purchased before 31st January 2022

USE CODE - LAUNCH50*

**See website for full terms and conditions*



Wellbeing & Wellness Coach

The Wellbeing and Wellness Coach is an inclusive wellbeing community promoting simple, realistic and achievable methods to support you to boost your mental wellness, self-confidence and energy.

We provide:

Yoga
Mindfulness and Meditation
Wellbeing Coaching
Online Wellbeing Shop

Online Courses
Workshops and Events
Free Online Wellbeing
Community

Why choose us?

What makes us stand out is our founders' lived experience in recovering from complex trauma, depression, anxiety and chronic fatigue syndrome. Read more about their story on our website.



@thewellbeingandwellnesscoach

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