

thebestof

Yoga Nidra & Cake with Georgina - Bring a friend for **FREE**

Offer Expiry Date
06/05/2020

Can only be used at
The Yoga-Life Studio
The Stables, 25 South street, Eastbourne,
East Sussex
BN21 1BD.

Tel: 07780 535134



Description/Terms and Conditions

Thursday 5.15pm - 6.15pm (From April 7.45pm - 8.45pm) £8.50

Are you tired and just need to really relax?

Do you need some time just for you to switch off from the stresses of modern life and just rest?

Then this is a perfect class for you.

Nothing is expected of you, just come and lie down and let yourself be guided into a deep sense of relaxation. Practicing just 30 minutes of Yoga Nidra (meaning Yogic Sleep) is said to make you feel like you have slept for at least 2 to 4 hours.

After this replenishing and restful practice, we will come together to chat, meet new friends, laugh and eat delicious cake!

There is no physical movement involved in this class but please bring comfortable clothes and a bottle of water.

This voucher has no cash alternative and is not transferable. It cannot be used in conjunction with any other offer or promotion. Photocopies will not be accepted. Rights are reserved to refuse custom and withdraw this offer at any time.