

thebestof

Beginners Yoga with Chantell - 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

Step out of busyness and into blissfulness, in a world where we never stop.

Be kind to yourself and take time out of your week to breath and find your inner calm. In our beginners class we take everything right back, learning the postures and origins of the poses and all the benefits they give us along the way.

If you are a complete beginner or someone that wants to revisit the foundations of the postures then this is the class for you.

I firmly believe yoga should be accessible for everyone and it's about finding your own journey with yoga and what you need from it.

I can help support you to find your own practice that suits your individual needs, so you can feel the best version of you.

Friday 6.30pm - 7.30pm

£7 drop in

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.