

Yoga in Castle Caereinion

Starting Thursday, January 11th 2018

I will be restarting classes in the village hall in Castle Caereinion, newcomers welcome anytime.

At the Community Hall in Castle Caereinion every **Thursday** at 6.30 till 8.00pm – Cost £5.00 or £45/10 sessions

Call Richard on 01938850578 or 07583079423 if you want more detail, or just turn up!

What to expect - The class is of Hatha Yoga focusing on physical movement, asanas (Postures) and breath control (Pranayama) to help improve physical and mental well being. You don't have to be flexible to do yoga! It is suitable both those that have no previous experience and intermediate practitioners.

Come dressed suitably for bending and stretching, gym type clothing is most appropriate but bare feet necessary. Mats can be provided.