



YOGA + LUNCH

A Sunday workshop designed to energise and restore

Move the body... move the breath... still the body... still the mind.
Incorporating vinyasa yoga, restorative yoga, meditation and nutritious food.

Sunday 3rd September 2017

10:00 - 15:00



£50 per person

*Vinyasa Flow Class — Meditation — Restorative Class
Big Healthy Vegetarian Lunch*

get • in • the • loup

Email Louise - louise@loupyoga.com for more info and booking

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