



Relaxing & Restorative Hatha Yoga

Suitable for all ages & abilities



Wednesdays 6:30-7:30pm

Normanton on Soar Village Hall

£5 for your first class & then £7 per class

T: 07786595579 / E: shantisarahyoga@gmail.com

FB: Shanti Sarah Yoga / IG: @shantisarahyoga

Mats first come first serve, or bring your own