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New Classes @ Mello View, Winsham

Starting on **April the 3rd 2018** There are three new classes starting.
This is the revised timetable for Mello View.

Tuesday:	4.30 - 5.45pm	Hatha Yoga. A gentle 75 min class including Breath work, Meditation and Physical practice.
	6 - 7.30pm	Vinyasa flow. A more dynamic 90 min class. open level
Thursday:	9.30 - 11 am	Vinyasa Flow. A more dynamic class. open level
	11.30am-12.45	Hatha Yoga. A gentle 75 min class including Breath work, Meditation and Physical practice.

All classes are limited to 8 people so booking is advised but not essential.
Please contact me if you require any further information.

Esther @

www.todayisawesome.co.uk
or estherkb@mac.com