

"Yoga is a light, which once lit, will never dim. The better the practice, the brighter the flame"

BKS lyengar

YOGA FOR ALL

THE SERENITY SESSIONS WITH CLARE HOLFORD

Dance
Company
Studios,
76
Beckenham
High Street
7-8pm
Every
Wednesday
£6

Mats included
Open Mind
Required

clare_holford @yahoo.co.uk