

# Deborah Ford Yoga



*From September at Little Ribston Village Hall*



## Gentle Yoga

Stay supple and develop a practice of conscious, mindful movement

**Taster session only £2.50 on Thursday 6th September 10-11am**

6 weeks for £57 begins 13<sup>th</sup> September payable in advance. Drop in £11

## Yoga for Sports

For active people wanting to gain increased strength, flexibility and mental stamina

**Taster session only £2.50 on Wednesday 5<sup>th</sup> September 7-8pm**

6 weeks for £57 begins 12<sup>th</sup> September payable in advance. Drop in £11

*Places limited, reservations for taster sessions and block bookings essential.*

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*Follow me @ Instagram [debforddanceryogi](https://www.instagram.com/debforddanceryogi)*