



Yoga is coming to Bretherton Every Monday evening starting March 4th 2019

7.15pm -8.15pm

Helen from Hero Lifestyle has practised yoga for over 20 years and is a passionate and experienced teacher. She will guide you through breathing,(pranayama) yoga postures(asana) and meditation.

And whether you are a beginner or a seasoned yogi you will gain great benefit from Helen's classes. All abilities are welcome as yoga is for everyone.

Helen likes to maintain small classes so that the students in her care during yoga practise gain maximum benefit and she can help each and every one personally. Numbers will therefore be limited to 12 per class. So booking in advance is essential.

£6.50 per class if you book for 6 classes £7 for weekly bookings

Bring your own mat or, if you prefer mats are available to hire at £1 per mat. All other props are provided.

Telephone Helen on 07783 666022 to book your place to ask any questions

Email:infoherolifestyle@gmail.com @herolifestyleyogaandfitness



herolifestylebyhelenkimber