



4-Week Introductory Meditation & Pranayama Course

Take time out of the busyness of life to learn yoga, meditation and breath practices to help reduce stress and anxiety, increase calm and improve your wellbeing.

Monday 6, 13, 20 & 27 June

6.30 - 7.30pm

Stoke Orchard Community Centre

£35



**I look forward to meeting you on the
mat! Nikki x**

**Email: hello@ayamaliving.com for
enquiries and bookings.**

www.ayamaliving.com