



Free Yoga classes

Enhance your physical and mental health
Improve your strength and stability

6 weeks from Tuesday 1 November

11am-12.15pm

Brunswick Hub, 98-100 Shrubland Street, Leamington Spa CV31 3BD

To book your place go to:



Run jointly by Warwickshire Iyengar Yoga CIC and Brunswick Hub
Funded by Iyengar Yoga UK

