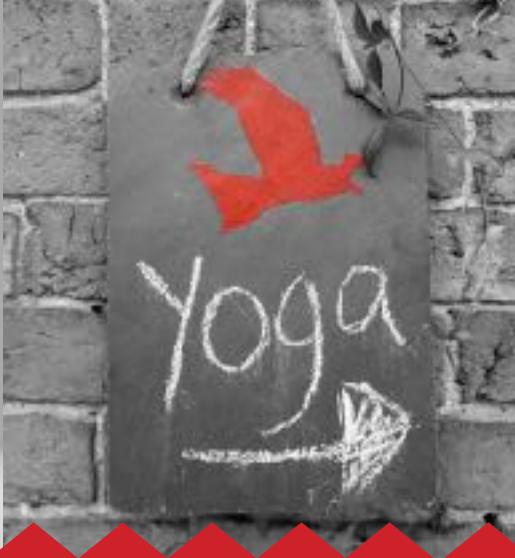




Yoga for everyone - all ages, ability and body type



Yoga at the University

Wednesdays 13:15 - 14:00

£3

Book via St John's Campus Sports Centre Reception

Open to staff and students

Start from where you are - no need to be fit or flexible

We have 10 mats to borrow but feel free to bring your own

Dates and venue may change, so please take a note when booking.

St John's Campus Sports Centre • Gym 1



www.redkiteyoga.co.uk