

Saturday 23 July in Paddock Wood

Family YOGA

Workshops run during school holidays

Family Yoga is amazing for children and adults to explore yoga postures, breathing techniques and relaxation practices together. Workshops are fun and active, great for connecting family members of all ages.



£7 adults
£5 child
£3 additional children



For more information on the next workshop,
email yogawithanita@hotmail.com
or call Anita on 07885 754556
or visit www.anitapeach.co.uk