

# MONTHLY FRIDAY NIGHT CANDLELIT RESTORATIVE YOGA

FRIDAY 7TH JANUARY 6-7.30

@MOIRA VILLAGE HALL

£15

SUITABLE FOR ALL!  
EVERYONE WELCOME!



A GREAT WAY TO DE-STRESS AFTER  
THE HOLIDAY PERIOD, AND MAYBE  
YOUR FIRST WEEK BACK AT WORK.  
RELAX, UNWIND, FIND YOUR  
CALM:

- NEW FRESH START JOURNALING
- REFLECTIONS ON THE PAST YEAR
- FEELINGS BASED GOALS FOR 2022
- MEDITATION
- BREATH WORK
- GENTLE STRALA YOGA FLOW

FINISHED OFF WITH COFFEE AND A  
SWEET TREAT :)



YOGA LA ZOUCH

@yogalazouch

www.yogalazouch.co.uk