

Yin yoga

with Elena for Men & Women



**New practice starts on
29th of September**

**Pre-booked sessions £50 pounds for 5 weeks,
drop in £12 pounds if available**

Sign up and register contact Elena: 07793366214

Email; elenasaratov@yahoo.co.uk

**Practice at The Hub-Portchester Community Association
every Tuesday 9:30 till 10:30am**