Yoga with curvaceous Carla

Real Yoga, Real People, Real Life

500 HOURS QUALIFIED YOGA TEACHER
WITH THE INTERNATIONAL YOGA NETWORK



THE HUB
Portchester Community Association

Portchester Flow Yoga

AT THE PORTCHESTER HUB

SATURDAYS
10AM – 11AM

£11 PER SESSION

BLOCK BOOKING
DISCOUNTED RATE AVAILABLE

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With love, Carla x ♡

A FRIENDLY GROUP | BEGINNERS WELCOME | MOVE YOUR BODY | STRETCH BALANCE | FRIENDLY ATMOSPHERE | LIKE-MINDED PEOPLE

Real People ♡ Real Support ♡ Real Yoga

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Get in Touch ♡

YOGA ~ SOUND ~ COMMUNITY ~ WELLBEING