



Mindful Awakening

- SINCE 2012 -

MINDFUL MOVEMENT BREATHWORK & MEDITATIONS

Mindful Movements, Breathwork & Meditations to enhance your ability to deal with life stresses. Stretch, breath and relax to melt away the tension your body holds onto.

THE LAST THURSDAY OF EVERY MONTH
730pm - 9pm

TETNEY VILLAGE HALL, HUMERSTON ROAD DN36 5NJ

THURSDAY DAY CLASS **MINDFUL MOVEMENT &** **MEDITATIONS**

Mindfulness Infused with a variety of Breathwork Techniques inc Somatic, Meditation and Pilates style free flowing movement to enhance your ability to deal with life's stresses.

EVERY THURSDAY 9:30am - 10:30am

TETNEY VILLAGE HALL, HUMERSTON ROAD, DN36 5NJ

An exercise class for people of ALL ages and flexibility

**BEGINNERS WELCOME BRING YOUR OWN
EXERCISE MAT, JUMPER & BLANKET**

1 hour class

1.5 hour class

CLASS PRICES

£8

£10

Contact: Charlotte 07434933700

Email mindfulawakeninguk@outlook.com or Visit www.mindfulawakening.co.uk