

Saturday 30 March - 10.30am
@ Paddock Wood Community Centre

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 or to reserve a space
email yogawithanita1@gmail.com
or call 07885 754556