

Deganwy Yoga weekly classes... Winter and Spring 2020

This Studio has underfloor heating and fantastic views. Classes are taught in groups of 8 or 9 maximum, so it's best to book. Smaller groups allow students to work at their own pace, and get individual attention when they need it. It means someone who's new to yoga and more experienced yogis can enjoy practicing together.

Morning class	Tues1	8.30-9.30am
	Tues2	9.45-11.15am
	Weds	9.30-11.00am
	Friday	9.30-11.00am
	Friday	11.30-12.45pm
Evening class	Thursday	6pm-7.30pm

call or text to reserve
your place

07971 052573

www.patriciarooney.co.uk

£30 for a block of four weeks, £8 p.a.y.go

If you can't make your regular class Patricia makes every effort to fit you into another session in the week where possible.

An individual 1-2-1 session is perfect to get you started on your yoga journey, it builds confidence to join a regular class or practice on your own at home.

