

Yoga weekly class times... May until August 2017

Yoga classes in Deganwy...

...be part of a friendly supportive group and enjoy great views overlooking the Conwy estuary. You practice at your own pace...you know your body best. Classes are suitable for all fitness levels, so even if you're new to Yoga you are welcome! Or book a personal session with Patricia and create an individual wellbeing program for you.

Morning class - £7

Tuesday 8.30 - 9.30am
9.40-11.10am

Weds 9.30-11.00am

Friday 9.30-11.00am

Evening class - £7.50

Tuesday 7pm-8.30pm

Wednesday Meditation course*

Thursday 6pm-7.30pm

call or text to reserve
your place

07971 052573

www.patriciarooney.co.uk

Pay for 4-week block in advance it costs less

*view website for dates of next Meditation course later in the year

§ a reduced number of classes will continue during August please call or email for updates

