

Yoga weekly class times... Winter 2017 and Spring 2018

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, and beginners are welcome!

Book an individual session with Patricia. It's great for getting you started and building your self-confidence.

Morning class - £7

Tuesday 8.30 - 9.30am
9.45-11.15am

Weds 9.30-11.00am

Friday 9.30-11.00am

Evening class - £7.50

Tuesday 7pm-8.30pm

Wednesday evening Meditation course*

Thursday 6pm-7.30pm

Pay for 4-week block in advance, it costs less

*view website for next Meditation course dates starting in the New Year.

call or text to reserve
your place

07971 052573

www.patriciarooney.co.uk

