






# Yoga With Emily





At Spencers Wood Village Hall

Join us to unwind, relax, and release!  
Yoga with Emily includes stretching,  
strengthening, breathing, and  
meditation to help you feel relieved and  
empowered!

## Why try yoga?

-  Increase flexibility
-  Relax, relieve anxiety and stress
-  Learn to meditate
-  Ease muscle tension and stiffness
-  Practice mindfulness

## FOR MORE INFORMATION:

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-  Spencers Wood Village Hall



TUESDAYS  
~  
8PM TO  
9PM



£10 PER CLASS  
~  
20% OFF  
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