

Fibro Friendly Yoga Sessions

with Beki Bliss



- Mixed ability classes combining movement and traditional hatha yoga postures – all of which will be staged and softer variations offered for your comfort and ease
- Basic breathing techniques, plenty of rest opportunities and a blissful relaxation to rejuvenate and renew

Wednesday (term time only) 10:30am-11:30am

Room 3, Castlefields Community Centre, Village Square, Tyrrell Way, Castlefields WA7 2ST

Classes just £4 per session

For further details or to book you space (*advisable as props and mats are limited) please text or email Beki Bliss 07917767424, bekibliss@gmail.com

For further information on Physical Activity in Halton:

Call Paula Parle 0151 511 8550

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