



YOGA FOR RELAXATION & MEDITATION

Insole Court, Fairwater Road, Llandaff, Cardiff

Tel: 029 20 562757

Thursday evenings: 6.30 – 7.30pm

COME AND JOIN US FOR REGULAR WEEKLY CLASSES

**Cost: £7 per session or
6 weekly fee of £35 (one week free)**

Explore different methods leading to sharper concentration, relaxation and meditation. Series of different styles to de-clutter and calm the mind; realize inner happiness.

Suitable for beginners and for those more experienced at meditation:

Train the mind, purify the emotions and awaken our wisdom

For further information

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