THE HEALING JAY

KUNDALINI YOGA AT STRONGER FOR LONGER

Get your body and mind revitalised for the on coming cooler months. These classes will wake up your energy levels and shake off lethargy.
Each week we will work with a different system to support and raise your vibration!

November - Revitalising the Body

Thursday 13th - Recharge the Nervous System
Thursday 20th - Reactivate the Lungs and Metabolism
Thursday 27th - Rejuvenate the Liver & Kidneys

Booking via Stronger for Longer or use the link from my website

www.healingjay.co.uk

Stronger for Longer
Manor Road Business Park