



Living Well North Tyneside

Supporting Health and Wellbeing

Venue: The John Willie Sams Centre



Time: 1:30pm - 2:30pm



Cost: £5.00



Type: Face to Face

When you begin to practice yoga regularly, you'll unlock a host of health benefits. Because yoga engages the mind, body, and spirit, these span the physical, mental, and emotional realms.

First class FREE



yoga

Yoga for beginners



01912500166



info@qfitgym.uk



The John Willie Sams Centre
Market Street

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<http://www.qfitgym.uk>



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