



YOGA+ Relaxation Class

with Sarah Katherine Jones

£12.50 per class

7pm - 8.15pm

Every Tuesday @ The Drayton Centre, 238 Havant Road, Drayton, PO6 1PA

Hatha Yoga Flow and Guided Yoga Nidra
Mediation

30 minutes of Yoga Nidra is equivalent to 3 hours
of deep quality sleep

Please book with Sarah on 07535232583
All abilities welcome