

HEALING VINYASA FLOW

Yoga Class



Established Teesside-based yoga teacher Tracy from Flow and Flourish is starting her next block of yoga classes in the Middleton Hall Vision Room on Monday's 5:30-6:30pm

Bookings are now available for the next 7 classes
(Starting Monday 27th October)
The cost is £48 and all you need is a mat and blanket