

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 block of 5 classes

(Starting Monday 20th April)

The cost is £32 and all you need is a mat and blanket

