

WE ARE CELEBRATING THE INTERNATIONAL YOGA DAY!!!



TO BOOK PLEASE SCAN HERE



WE HAVE REDUCED THE PRICE FOR  
**YOGA AND WELLNESS MORNING**

9 AM - 11 AM

ON 25TH JUNE 2023 AT QUEEN'S HALL, RGS  
WITH ALL PROCEEDS GOING BACK TO RGS

TICKET PRICES:

**ADULT £10 FOR BOTH SESSIONS**

**FAMILY OF UP TO 4 £15 FOR BOTH SESSIONS**

**YOGA BY:**



**NABANITA DAS**

YOGA BASICS FOR BEGINNERS,  
BREATHING EXERCISES AND POSTURES  
/ ASANAS THAT CREATE BALANCE,  
STRENGTH AND RELAXATION

**WELLNESS BY:**



**RAMYA PILLAY**

UPLIFTING TOOLS AND BRAIN  
HACKS TO DE-STRESS AND  
MANAGE NEGATIVE EMOTIONS

**OUTSIDE OF SCHOOL THESE SESSIONS WOULD COST IN EXCESS  
OF £100, SO THIS IS AN ABSOLUTE STEAL!!!!**

PLEASE JOIN US FOR ONE MORNING AND  
DISCOVER YOUR INNER PEACE WITH YOGA AND MINDFULNESS

**FEED YOUR BODY WITH SOME HEALTHY SNACKS -  
AVAILABLE TO BUY 11 AM ONWARDS.**

PARKING AT UPLYME CAR PARK OR OFF-STREET IN GREEN ROAD