



Yoga for Stress & Natural Weight Management

Wednesdays 6:30-7:30pm, From 1st February to end of March

Venue: African Caribbean Centre, Maidstone Road, Leicester LE2 0UA



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Do you feel stressed?

Do you have a few pounds to lose?

Are you fed up of exercising but not seeing results?

Are you fed up of the advice "eat less, exercise more"?

REDUCE STRESS NATURALLY & EFFORTLESSLY

by attending our 9-week yoga for stress & weight reduction course. You will learn and practice techniques and movements/stretchers to reduce stress and therefore switch off that pesky "fat switch", allowing you to lose weight effortlessly, feel calm and centred and be more productive in your life without overdoing it.

BOOK NOW by phoning Emanuela on 07939 491059

Just £45 for the whole course!

If you have a mat, please bring it.

If you don't, please make sure you let us know in advance.



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Leicester, United Kingdom

Holistic wellness specialist offering elite Pilates courses in Leicester+Hinckley, yoga, sports & remedial massage, personal/rehab training, nutrition + coaching