



Fridays, 9:30 - 10:15am,  
our studio, £7 drop in



# TRY YOGALATES

**FREE TASTER SESSION: FRIDAY 20TH OCTOBER**

**Text Ali on 07753 430890  
learn more at [www.feelfreeyoga.org](http://www.feelfreeyoga.org)**

One of the most important things I've learnt is that a healthy, happy body relies on a balance of mobility AND strength work 😊

So join me in blending together the very best core-stabilising and posture-enhancing Pilates with enlivening and accessible yoga practices to improve strength, stamina, muscle tone and flexibility. You might also be surprised at how relaxed you feel afterwards!

You can find the studio in The Storey (near the castle)

Any questions? Give me a call / text on the number above

*Ali*

