



**Canal &  
River Trust**  
Making life better by water



# Wellness Yoga

**Sunday 25<sup>th</sup> April 2021**

**10:30am to 12noon**

**Please call us to book a place  
Tel: 01902 754612**



Yoga based nature exploration, including breathing exercises, mudras and meditation. Learn exercises to help you relax and de-stress in our beautiful canal-side setting.

£6 per person

YogaZone

## FIND OUT MORE

01902 754612

[info@wildsideac.co.uk](mailto:info@wildsideac.co.uk)

[www.wildsideac.co.uk](http://www.wildsideac.co.uk)

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