

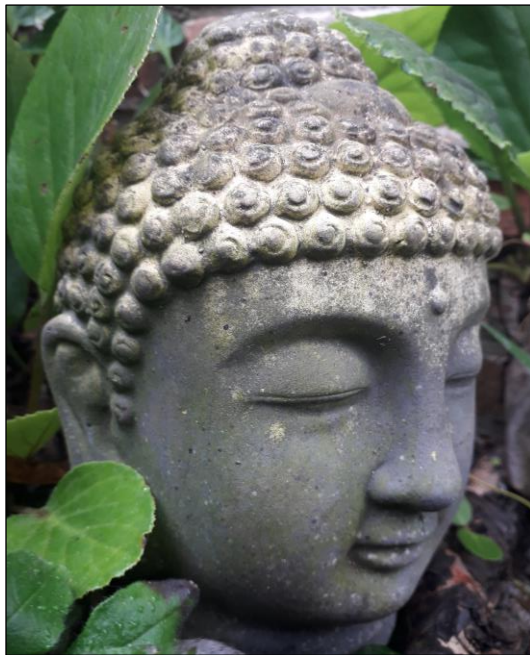


**Canal &
River Trust**
Making life better by water



YOGA

By the Water



Join Wildside Activity Centre for a chance to de-stress with a gentle flow yoga* session led by Marie from Wild Wolf Movement.

The session is mat based, for over 16s, but not suitable during pregnancy. Please bring your own mat. There will be a chance for a chat and to purchase drinks after.

This session is £5 per person, but places are limited so please book early to avoid disappointment.

**Gentle flow or gentle yoga is a softer approach to Dynamic yoga. While the poses still flow together, the nature of it is much slower in pace and gentle in practice.*



**Email: info@wildsideac.co.uk
Tel: 01902 754612.**

Saturday 22nd October
2.30pm - 3.30pm

FIND OUT MORE

01902 754612

info@wildsideac.co.uk

www.wildsideac.co.uk

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Wildside Activity Centre

Hordern Road, Whitmore Reans,
Wolverhampton WV6 0HA

