

CALL 01642 683 045 FOR DETAILS

Free Women Only Yoga Classes

*Thornton Academy of Performing Arts, Linthorpe Road, TS5 6HX
Monday's 1:15pm – 2:30pm*

Relax and de-stress, achieve calm balance and harmony...

"I forgot all of my stress for one hour and feel great!"

"It was very lovely and refreshing, I want to come again."

"I feel like myself when I do yoga."

HALO
Break the Silence

PROJECT