

YOGA

A Scaravelli-Inspired Practice

with Jane Manze

From Monday 20 January 2020

6.30-7.45pm & 8-9pm

St Michael's Church Hall

High St, Lewes

12 weeks £126/£114 (6.30/8pm class)

Please bring a yoga mat, and a block or cushion if possible

TO BOOK OR FOR FURTHER INFORMATION

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