

Time Table

Oxton Conservative Club

Mondays 11 am – 12 pm

Christchurch Community Centre, Higher Bebington

Thursdays 8 pm to 9 pm

You will need a yoga mat, blanket, and cushion

Cost - £8.00

Your teacher - Janet Mantle is a qualified and registered Dru Yoga Teacher, Back Care, Wellness & Mental Health, Calm and Vitality Coach and Ayurvedic Therapist

To book Dru Yoga - contact Janet 07706524793

New Course - Yoga for Lower Back Health

Starts - Tuesday the 15th of April for 6 weeks £48

Location: Oxton Conservative Club

