



Louise is a British wheel
of yoga , pilates and
British school of
meditation teacher
30 years teaching experience

Divine Light Yoga

Illuminating a path back to oneness

Mindfulness yoga flow class

♡ Calm your mind ♡ Energise your body ♡ Time for you

Princess Royal Sports Complex South Street

Wellington School TA21 8NT

Tuesdays 7:30 - 8:30pm

£7 just turn up Bring a mat



for further information call Louise on 0746 5665595