Yoga Sessions

- Sessions open to females aged 12-16 years old
- Improves strength, flexibility, posture & balance
- Perfect activity to de-stress and relax

Please wear comfortable clothing and bring a bottle of water. For more information please email Philippa or just come along.

Contact- Philippa Goldie

yoga4teenagers@gmail.com

Thursday

4.00pm - 5.00pm

Chalfont Community School, Narcot Lane, Chalfont St Peter SL9 8TP

Just £2 per session

Funded by Active Bucks

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move more, feel great!

Buckinghamshire County Council