

YOGA CLASSES

WITH
**NIKKI
JACKSON**

**ENSTONE PARISH HALL
MONDAY EVENINGS 7.45 PM**

CLASSES ARE **HEALING** AND **INSPIRING**, HELPING STUDENTS TO RETURN TO THEIR NATURAL STATE OF HEALTH AND WELL BEING USING THE TRUE TRADITIONAL ESSENCE OF YOGA - CREATING PEACE IN THE MIND, BODY AND BREATH.

TAUGHT BY EXPERIENCED TEACHER (BRITISH WHEEL OF YOGA) WITH 24 YEARS OF TEACHING AND TRAINING BOTH IN UK AND INDIA, AS WELL AS A FULLY QUALIFIED MINDFULNESS FOR HEALTH TEACHER AND OCCUPATIONAL THERAPIST (NHS)



ALL ABILITIES WELCOME!

JOIN ANYTIME!

PAY AS YOU GO AVAILABLE!

**FOR FURTHER DETAILS
CONTACT:**

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