



Body and Mind Yoga

Come along for an hour of relaxing yet invigorating yoga for all bodies and minds.

Move through yoga poses, and use the focus of the movement to release your mind.

Everyone welcome.

Yoga mat provided.

Wear comfortable clothes you can move freely in.

Time and Place

Thursdays, at 7pm at
BLG Mind, Anchor House,
5 Station Road, Orpington,
BR6 0RZ.

No need to book, just turn up
for this independent group.

Any questions? Call Jane on
[07959 062090](tel:07959062090).

Bromley,
Lewisham &
Greenwich

