

RELAX AND RESTORE MIND AND BODY

Monthly Relaxation & Yoga Workshop

SATURDAY 30TH NOVEMBER 2019

3-4.30PM

THE MADDOCH CENTRE, ST MADDOES,

PERTH, PH2 7FF £10

TO BOOK YOUR SPACE ON THIS POPULAR MONTHLY WORKSHOP,
PLEASE EMAIL: ELEVATEYOGASCOTLAND@GMAIL.COM OR VISIT
WWW.ELEVATEYOGASCOTLAND.CO.UK OR FIND US ON FACEBOOK.
LIMITED SPACES AND LAST WORKSHOP OF THE YEAR.