



CALM



Combining the inspired practices and benefits of Tai Chi, Yoga and Mindfulness.

Friendly weekly classes held at Can & Will Studio, Market Harborough Rugby Club.

- A 30 minute class which combines the many benefits of Tai Chi, Hatha Yoga and Mindfulness to melt away your stress.
- Accessible supportive classes, suitable for all ages and levels of fitness.
- This is your space to escape a busy and hectic lifestyle and reduce stress-induced muscle tension.
- No sportswear or trainers required, just wear something comfortable.
- Friendly weekly classes held at Can & Will Studio, Market Harborough RUFC.
- £6 per class. First class is free.

For further information contact Beth Dawkins:

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Booking: <http://canandwill.wpengine.com/book-online/>

