



Free Summer Outdoor Yoga



Free, Hatha yoga class in Welland Park, Market Harborough

Running from 15 June 2019- 31st August 2019

Every Saturday, weather dependent, from 10am-11.15am

- Two Breaths More, a local company, are holding free yoga classes in Welland Park, Market Harborough throughout the summer.
- The classes are suitable for all ages and abilities . A basic level of fitness is an advantage but not essential.
- Limited number of mats available, so bring your own if you have one.
- Classes start at 10am following the park run on the green opposite Welland Park café and finish around 11.15am.



**For further information please contact:
Website: www.twobreathsmore.com**

