



Bennd Yoga



Weekly classes in Countesthorpe and Market Harborough

- Bennd Yoga is based on Sun Power Yoga
- Blending movement of the entire body with the breath and guided meditation you will simultaneously work and chill out
- Bennd Yoga will help you to develop strength and flexibility in a nurturing way. This yoga class is for everyone, all abilities and ages welcome. You do not have to be bendy to attend!
- Mondays: 7:45 – 8.45pm, Barrett Stage School, Bath St, Market Harborough, LE16 9EW
- Tuesdays: 7-8pm, Countesthorpe Village Hall, LE8 5TB
- Thursdays: 11.30-12.3pm, Can and Will Studio, Market Harborough, RUFC, LE16 9HF
- Fridays: 1.30-2.30pm, Barrett Stage School, Bath St, Market Harborough, LE16 9EW
- Fridays: 5.45-6.45pm, Can and Will Studio, Market Harborough, RUFC, LE16 9HF

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