

Wellness Clinic

AESTHETICS • REFERRALS • BEAUTY THERAPY



Yoga

What can yoga do for you?

It will help you look and feel great. Open and strengthen your body. Quiet and focus your mind.

Relieve stress, tension and improve your quality of life.

Improve posture and increase bone density, improving injuries and disabilities.

What is YOGA?

Yoga is an ancient art and science from India which has been around for over 5,000 years. It was originally designed to strengthen and align the body and quiet and focus the mind for Meditation.

Yoga is one of the oldest holistic healthcare systems in existence.

Through the practice of the yoga asanas (postures) and breath work, you can reconnect your body and mind and discover your spirit.

When was the last time you did that?

It is a myth you have to be super bendy or athletic. Yoga benefits all body types and shapes, all ages and fitness levels and can be adapted to assist in improving injuries and illnesses.

Programmes are designed for individual needs, including taught relaxation strategies.

Wellness Clinic

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£35 for an hour and a half.

Includes relaxation and meditation.

Block bookings of 8 sessions or more
will receive a 10% discount.

Consultation on first session.