



**Yoga Course for Parent-Carers
Starting Friday 15th November 2019**

**Hosted by Niki (Yoga Just for You) at
Glamourfied ,74 Wallasey Road, Liscard.**

Spaces strictly limited to 6 per group

Cost £25

9.30am-10.30am or 1pm-2pm

**Contact rachel@thepositivitree.com or call
078 777 82826 to book your space.**