

JACKY LANSLEY

CHOREOGRAPHER

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Yoga at the Dance Research Studio

HATHA BASED YOGA

Thursdays 18.30 – 20.00

£10 per class or £7 concessions.

Beginners welcome

For more information contact:

Elizabeth Short (yoga teacher) on 020 7254 4127 or email lizjshort@tiscali.co.uk

Hatha yoga is generally practised to achieve mental and physical health. It promotes good circulation and supple joints, realigns the body, and improves posture and strength. Relaxation and breathing are improved and as a result the mind is calmer and more focused.

For more information please contact the teacher above or alternatively call The Dance Research Studio on 020 7613 0341 or email drs@jackylansley.com

All classes take place at The Dance Research Studio, 23 Orsman Road, London, N1 5RA