



**Holistic Health
Derbyshire**

YOGA

**For Everyone
For a Happier, Healthier Life**

- Vinyasa Flow • Womb Yoga
- Women's Retreats • Red Tent
- Workshops • Mizan Womb Massage



www.holistichealthderbyshire.com

 Printed on 100% recycled paper

Weekly Classes

Monday

6-7:15pm VINYASA FLOW

Christ the King Church Hall, Alfreton

Wednesday

6:15-7:45pm SHAKTI FLOW* The Old Lock-Up Gallery, Cromford

Thursday

6:15-7:30pm VINYASA FLOW Bakewell Town Hall

All levels welcome to all classes!

Introductory offer – first 2 classes for £10

£8 - drop in (£7 concessions – students/over 60s)

£35 - 5 class pass (use within 7 weeks)

£65 - 10 class pass (use within 15 weeks)

*£10 for Shakti Flow or £85 for 10 class pass

Liz also runs a Red Tent, offers regular **workshops** and **retreats** in the Peak District and overseas, **womb massage** (Mizan Therapy) & is soon to be a qualified Naturopathic Nutritionist.

Please visit the website, ask to be added to the newsletter or follow on Social Media to be kept up-to-date with latest offerings.

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