

DRU YOGA WITH SUE CHEESE



CLASSES IN YOUR AREA

EGGINTON TUESDAYS 7.30 - 9.00pm. Egginton Memorial Hall

ROLLESTON. WEDNESDAYS 2.00 - 3.15pm. Rolleston Club

HORNINGLOW WEDNESDAYS 6.00 - 7.15pm. The de Ferrers Academy

FINDERN THURSDAYS 8.00 - 9.15pm. Findern Village Hall

WETMORE MONDAYS 2.00 - 3.00pm. Wetmore Community Centre (this is a Chair Yoga class, ideal for anyone with mobility challenges)

Dru is a gentle yet powerful therapeutic style of yoga which is particularly beneficial for relieving stress and promoting well-being. The sequences and posture work help to increase flexibility and strength; they can significantly improve postural and back problems. When we begin to incorporate breath work, visualisations and affirmations the benefits then begin to be felt at deeper levels.

Please contact me directly for further information regarding any of the above.

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