

Mindful Yoga dates for 2025

(Wednesday's, 6.30pm – 7.30pm, The Gym Braunton, 10pp)

29TH Jan

5th, 12th, 19th, 26th Feb

5th, 19th, 26th March

2nd, 9th, 16th, 30th April

7th, 14th, 21st May

11th, 18th, 25th June

2nd, 9th, 16th, 23rd, 30th July

10th, 24th September

1st, 8th, 15th, 22nd October

12th, 19th, 26th November

3rd, 10th December

Please Contact Maddy to find out more or to book a place.