



Debbie T Yoga

Breathe. Support. Relax.



Feel relaxed with a nourishing slow gentle flow yoga class.

Gain a greater ease of movement, improved flexibility and strength.

Finish with a mindful relaxation to calm the mind.

JOIN OUR YOGA CLASSES AT
REPTON VILLAGE HALL!

Evening Classes

Yoga Flow

Weds 6pm-7pm

Gentle Flow

Fri 6.30-7.30pm

£7 per class

Text or email to book your spot!

*Private classes and Pregnancy Yoga classes
also available 121*

Suitable for everyone. All levels welcome.

For inquiries:

call 07890 086111

or email debbietyoga@gmail.com



@debbietyoga