

YOGA with Annet

'Lift yourself up from the inside out'

Yoga & Meditation
***Thursdays 2.30-3.30pm**

Brookthorpe Village Hall
Brookthorpe-with-Whaddon
Stroud, Stroud Road
GL4 0UR

Connect with Annet Richards-Binns
07811 304 684

**Booking essential. Please check Annet for further details, dates and availability.*

Padma Mudra (Lotus Seal) representing the purity and perseverance of the lotus flower floating above the muddy waters of desire, fear, and attachment.