

flow like water - movement class



relaxing & stimulating

a gentle approach with graceful movements

Seated options available

warm & inviting, have a go, meet new people,

all welcome

to chat & book or come along

contact Sara 07921 298 360

flow like water - movement class

Manfield Village Hall

Wednesdays @ 18.15

North Cowton Village Hall

Mondays @ 18.15

(3rd venue tbc for summertime)

bAlancing the caKe mornings **coming soon**

Shoes off! * * * Is most encouraged,
now to relax & enjoy