



Free Yoga classes at Dee Space are BACK!

Fridays, 11.30am - 12.30pm

18 September

25 September

2 October

9 October

16 October

6 November

13 November

20 November

27 November

4 December

11 December

18 December

All levels from beginners to advanced welcome. No booking or equipment needed.

Wear comfortable clothes and join us for an hour of yoga, mindfulness, or quiet time to relax and recharge.

For more information, please contact:

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