



Step Into Autumn

A practice to nourish and prepare for
the new season

Join me for 3 hours of yoga asana, (bodywork), pranayama
(breathwork) and meditation (mindwork) tailored for the
new season.

9.30 til 12.30

Saturday 23rd September

The Pilates Studio, St Mary's Industrial Estate, Dumfries

Cost £20

To book email moira@yogawithmoira.co.uk, use the contact
form on www.yogawithmoira.co.uk, text 07842 268657 or
message the Facebook page Yoga With Moira