

The **GREAT NORTH YOGA** *Show*

SATURDAY 22ND OCTOBER

BALTIC CENTRE FOR CONTEMPORARY ART

BOOK NOW at www.greatnorthyoga.co.uk



Stretch - Relax - Feel Amazing

35 Sessions

20 Local Teachers

Yoga from A to Z

Meditation

Mindfulness

Reiki

Yoga equipment

Clothing

Gifts

Art Workshops

