

Yoga



Want to improve your physical
and mental well-being?

Munlochy Village Hall
Starts 4th Feb
7am-7.45am
Tuesday mornings
No booking required
Pay what you can
Drop-in class

Join Dr Michelle
for a breath led, mindful yoga flow

Wear comfy clothes and bring a mat
(small number of mats to lend out)

Doctor Michelle's
MINDFUL MOVEMENT

Donation based - pay what you can, when you can, no questions asked. Any cash donations collected on the day will go to the Munlochy and North Kessock Equipment fund
For more information contact michelle.mehers@nhs.scot