

# For Adults: classes 7.30 pm to 8.30 pm

Tuesdays : Lothersdale Village Hall

Wednesdays : Slimming World, Chapel Hill, Skipton, BD23 1NL

Thursdays : Sitting Pretty Skipton, Swadford Street, Skipton evening by appointment

Term time only

*STARTING AGAIN AFTER THE SUMMER HOLIDAYS - SEPTEMBER 2019*

## Indigo Sky Yoga

### Stretch : Tone : Relax



#### For ADULTS

giving ourselves the opportunity to listen to our body, leading to a greater sense of well-being and focus



#### For TEENAGERS

movement of the body and development of the breath are ideal ways to increase attention spans, build self-awareness, de-stress and reduce anxiety



#### For CHILDREN

learning through games to keep their body healthy, to concentrate, be calm and happy, to relax and ultimately feel wonderful



Please contact me for further details of scheduled classes and individual requirements



**Contact:** Chantelle Coleman  
**Facebook:** IndigoSkyYoga  
**Mobile:** 07800554946  
**Email:** smile@indigoskyyoga.co.uk  
**Website:** www.indigoskyyoga.co.uk

# For Teens and Children

Please contact me for next block of classes

*Term time only*

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Classes in Skipton and the local area including Grassington and Lothersdale

One : One   Small groups   Schools   Cubs/Brownies