



Real Me Yoga

Yogawellness & Mindfulness continues ...

Quell the overwhelm, boost immunity; whole health for whole self.
Classes & health clinics continue virtually & online.

Simple & effective step by step instructions in your home. Movement & breathing to address stress, low mood & joint inflexibility, postural maintenance, resettle your sleep & digestion patterns.

Suitable for all: Standing, Seated & Restorative Yoga with VIRTUAL real-time classes. For home practice YouTube videos search RealMeYoga. Requires WiFi & smartphone/computer.



To register for a course or book a private session contact Joanna Edge.
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