

WFWP Bromley, UK's Healthy Lifestyle and Women - Monthly Yoga Event

Matthew Huish

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"Last Sunday was such an invigorating and refreshing work out with Sam, our wonderful professional yoga instructor.

We had 8 ladies in total attending the class and after yoga postures and meditation all gained a sense of tranquility and self-empowerment.

This monthly yoga class is very therapeutical for inner peace and stress management.

The next yoga class will be in May and we will announce the day soon after Sam will confirm her availability.

Highly recommended for all those looking for a mild and pleasant way to peaceful mind and energised body!"

PS: Also see the beautiful new roll up WFWP banner of the WFWP Bromley sisters, original design by David Rennie.