

YOGA

Help create a sense of well-being
through Body Awareness, Posture,
Meditation, and Breath Work;
increasing suppleness, releasing stress



Mondays 7:30-9:00pm

Strawdance Studio, Michael's Folly, Henderson Place,
Epping Green, near Hertford, SG13 8NE

Tuesdays 7:30-9:00pm

Kundalini Yoga

Wednesdays 10:00-11:30am

Hatha Yoga

Friends Meeting House, 109 Handside Lane, Welwyn Garden City, AL8 6SP

Contact Fabrizia 01707 879597

(British Wheel of Yoga Foundation Certificate
and Yoga For Health teacher trained.
Private tuition also available.)

bitzia@bitzia.co.uk

www.bitzia.co.uk

Find your inner stillness and peace
Allow your essence to emerge and shine

YOGA

Help create a sense of well-being
through Body Awareness, Posture,
Meditation, and Breath Work;
increasing suppleness, releasing stress



Mondays 7:30-9:00pm

Strawdance Studio, Michael's Folly, Henderson Place,
Epping Green, near Hertford, SG13 8NE

Tuesdays 7:30-9:00pm

Kundalini Yoga

Wednesdays 10:00-11:30am

Hatha Yoga

Friends Meeting House, 109 Handside Lane, Welwyn Garden City, AL8 6SP

Contact Fabrizia 01707 879597

(British Wheel of Yoga Foundation Certificate
and Yoga For Health teacher trained.
Private tuition also available.)

bitzia@bitzia.co.uk

www.bitzia.co.uk

Find your inner stillness and peace
Allow your essence to emerge and shine