

**NEW TERM
STARTS 20.09.24**

FREE CLASSES
**YOGA &
MINDFULNESS
FOR CANCER**



Join us for a gentle 6 week journey into yoga and mindfulness .

Classes are open to cancer patients, those at any stage of recovery and anyone caring for a friend or family member with cancer.

We very much look forward to welcoming you!

10 spaces available each week with booking required



Fridays 12-1.30pm
Anella Yoga Studio, Truro
1hr Yoga Class followed by
community time
6 week term

**For more info and to
reserve your space
email:**

journeysyogauk@gmail.com



More Information visit:

www.journeysyoga.co.uk