

FREE YOGA & MINDFULNESS CLASSES

For adults impacted
by cancer in
Cornwall

*Welcoming all who are living with
cancer, in recovery or supporting a
person with cancer*



March 8th - April 11th
Fridays 11am-12.30pm
Anella Studio, Truro

1hr Yoga Class
30mins Community
Time

Free -Booking required

Visit journeysyoga.co.uk or email
journeysyogauk@gmail.com for
more info