

YOGA & SOUND BATH

Beckford Village Hall

JOIN US FOR AN EVENING OF CALM

Starting with a gentle yoga session, whether you're a beginner or experienced our expert instructor will guide you through a series of poses that promote flexibility, strength, and mindfulness.

Following yoga, immerse yourself in the soothing sounds of sound therapy as you lay down and let the vibrations wash over you. Feel the stress melt away as the sounds take you on a journey of profound relaxation.

