

FREE

Yoga & the Mind

Gayetri invites you to;

Every Tuesday

Gentle Chair Yoga

2 pm to 3 pm

Full Matt Yoga

3 pm to 4pm

***Available on Zoom**

Terms & Conditions - Registration Required

Venue

Centrale Shopping Centre

1st Floor , 21 North End

**Croydon, CR0 1TY,
(Near Starbucks)**

Available on Zoom

**Terms & Conditions - Registration
Required**



For more details:
Please contact Gayetri
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