

Heart Space – free offer!

#dundeewestend

Heart Space Yoga and Bodyworks in Scott Street is now offering free community classes – indeed a quarter of its full timetable is free of charge.

This is a very generous offer and details are below and you book classes at www.heart-space.yoga/book :

MONDAY

12.00pm Post Natal with Baby

4.15pm Teen Aerial (12-18 y/o)

TUESDAY

4.15pm Kids Yoga (5-12 y/o)

6.00pm Pregnancy Yoga (from 14 wks)

WEDNESDAY

10.30am Chair Yoga

4.15pm Kids Aerial Yoga (6-12 y/o)

THURSDAY

4.15pm Teen Yoga (12-18 y/o)

FRIDAY

4.15pm Kids Aerial Silks (6-12 y/o)

SATURDAY

10.15am Pregnancy Yoga (from 14 wks)

11.30am Family Yoga (2-11 y/o - parents join in)



HEART SPACE
YOGA & BODYWORKS

www.heart-space.yoga *

These community classes are all FREE

ALL PROPS PROVIDED. BOOKING REQUIRED

***BOOK ONLINE VIA WEBSITE**

