



MEN'S YOGA – WITH LEZ GREY

28th February 2024 – CKH Axminster

EVENT OVERVIEW

Men's Yoga Wednesdays starting 28th February.

QUOTES

“Lez is an excellent instructor and I have enjoyed every session.”

“This is my sixth yoga session and feeling invigorated and will certainly continue to unlock my old rigid joints.”

TESTIMONIALS

These classes are a must. Relaxing is challenging and makes you understand your body. Loads of information given by instructor. Thank you ALCS for the opportunity to join this Men's Yoga Group.

THANKS TO

Lez Gray

Axminster and Lyme Cancer Support
LEZ GRAY - MEN'S YOGA

Wednesdays 6-7 pm
at Cross Keys House

28 February
6, 13, 20 & 27 March

No experience necessary

Book per session
ALCS clients

10 in attendance

HOW LIKELY ARE YOU TO RECOMMEND THIS EVENT

TO ANOTHER CLIENT? 5/5

