

# Men's Yoga – with Lez Grey

28<sup>th</sup> 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."

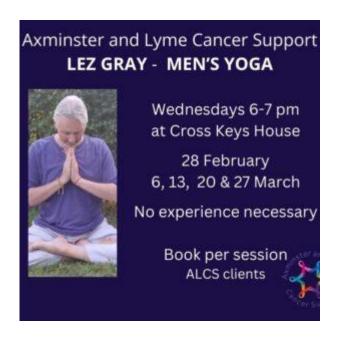
"This is my sixth yoga session and feeling invigorated and will certainly continue to unlock my old rigid joints."

# **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



## 10 in attendance

HOW LIKELY ARE YOU TO RECOMMEND THIS EVENT TO ANOTHER CLIENT? 5/5

