



# Yoga for Everyone

**Tuesdays @**

**Errington Primary School**

**Marske-by-the-Sea**

**Windy Hill Lane, Redcar, TS11 7BL**

**6:30pm-7:30pm**

*with*

**Emma Conally-Barklem**

**BWY Teacher**

**5 week term- £40 to be paid in advance**

Stiff joints - In need of a good stretch—Bad back—Arthritis—  
Stress—Painful hips or knees - In need of relaxation

If you tick any of these boxes then this class is for you!

To book, contact Emma on 07762 519068  
or email [emmaliveyoga@gmail.com](mailto:emmaliveyoga@gmail.com)

**EmmaLiveYoga**

**FREE YOUTUBE CLASSES**

