

Yoga Sessions

at Brasshouse Community Centre

FREE to all pregnant ladies and new moms. Babies and toddlers welcome.

No booking required, equipment is provided. Fully qualified instructor.

Yoga improves strength, balance and flexibility.



Starting Wednesdays,
9:30am - 10:30am
16 October - 18 December

Phone: Bryony- 07749 847818

Email: info@nsdt.org.uk

Address: Brasshouse Lane,
Smethwick, B66 1BA (Free Parking)