



Fridays
10.30am – 11.30am

From improved sleep, less physical and mental tension, more energy, reductions in back and joint pain, increased flexibility, a calmer mind and a better connection between mind, spirit and body. These name just a few of the rich benefits!

[KERRY MCGRATH \(instabook.io\)](https://www.instagram.com/kerry_m McGrath)

