

YOGA FOR ALL

bere:architects



First class **FREE**
For a limited time only



Yoga for all levels, Every Monday

18.30 - 20.00pm

£8.00 (£5.00 concession)

Booking is not essential

**Mayville Community
Centre, Woodville Road,
London N16 8NA**

The class is taught by **Dawn Lintern**. Dawn began teaching yoga in 2000. She has taught for many years at Yogahome, Triyoga and the North London Buddhist Centre. She has taught many retreats and workshops over the years in France, Italy, Ibiza and the UK.

She enjoys encouraging people of every level of experience and physical capability to challenge themselves within a safe and positive environment with the aim of nurturing inner stillness through the breathing and concentration that accompany the physical challenges of a creative and flowing style of yoga.

Dawn's facebook yoga group: <https://www.facebook.com/dawn.lintern#!/groups/231561716918068/>