

Yoga for Life

Yoga with Leila at Stocks Green School,
Hildenborough



Drawing on 25 years of experience in a range of yoga traditions, I offer friendly, accessible classes to improve flexibility, strength, balance and body awareness in a calm, focused and stress-free environment. I end with a session of guided and structured relaxation.

Experienced yoga teacher – everyone is welcome, whatever your level.

Date: **Tuesday evenings**

Time: **7:30pm – 9:00pm**

Course fees

- **Term 1 (5 weeks): £65 starting 15th September 2026**
- **Term 2 (6 weeks): £78 starting 3rd November 2026**

Interested but not sure if it's for you?

Taster sessions are available. Please get in touch if you'd like to try a class before booking.

www.yoginiyogatherapy.com

