



KEDEM CALM:

Breathe,
relax &
gentle
movement

"This class has been a gift"

Are you interested in joining a weekly Zoom class which offers physical and well-being activities including gentle stretches, deep relaxation, breathing practices, gentle yoga postures and meditation?

It is run by yoga teachers Deb Absler & Pippa Evers. People of all ages, body shapes and experience are welcome.

We adapt activities to those sitting on a chair or on a yoga mat.

Kedem Calm occurs on Thursday mornings between 10.00 and 11.30 (including a catch-up time).

Contribution is by donation

Please contact Rosi for more information,
rosi.kedem@outlook.com

