



candlelit solstice yoga

with ty lynne

wednesday 21 december
6:30pm - 7:30pm

followed by tea and cake

ilsington village hall, dartmoor

**Come join me to celebrate
the rebirthing of the sun with a
nourishing yoga practice of
warmup stretches, sun salutations,
asana**

***pranayama and breath focus**

***meditation and relaxations**

***cost: by donation**

***to book your mat, please email
yoga_with_ty@yahoo.co.uk**

Facebook ty lynne yoga