



**sivananda
yoga flow
with ty lynne**

**saturday 10 june
saturday 8 july
9:00am – 10:30am
station yard studio
ashburton**

****investment £10****

***nourish & nurture your body mind heart
with flowing yoga practices**

***sun salutations *classic postures
*pranayama *meditation
*deep relaxation**

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

ty lynne has studied
with devon school
of yoga and
sivananda yoga

tylynneyoga.co.uk
Facebook
Ty Lynne Yoga

