



# **sivananda yoga flow with ty lynne**

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**saturday 4 march  
9:30am – 11:00am  
ashburton**

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**\*\*investment £10\*\***

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

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

**\*to book, or if you have any queries  
email [yoga\\_with\\_ty@yahoo.co.uk](mailto:yoga_with_ty@yahoo.co.uk)**

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

[tylynneyoga.co.uk](http://tylynneyoga.co.uk)  
[Facebook](#)  
Ty Lynne Yoga

