



**ilsington
yoga flow**
at ilsington village hall
with ty lynne

**thursday evenings
630pm-730pm**

****drop-in or book halfterm blocks
term time classes

***flowing mindful life-affirming practices
to nourish & nurture body mind heart**

***sun salutations *classic postures**

breath focus *deep relaxations

***mixed ability class – all are welcome**

****also sharing yoga in ashburton /
chudleigh / manaton /
and on zoom xx**

****please email
yoga_with_ty@yahoo.co.uk**

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

tylynneyoga.co.uk

[Facebook](#)
Ty Lynne Yoga