



Seize the Light

Join me for an

# ONLINE YOGA CLASS



 coachkhanyi

**Only**  
£5



## About Yoga Nidra

Yoga nidra is a deeply relaxing practice that can bring a profound sense of peace and tranquility to the mind and body.



Saturday, 13 July  
10:30am - 11:15am



Online



**[Click here to register](#)**

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