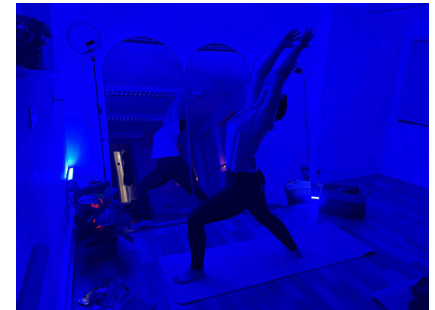


Restology Offer

The Self Love Club, Scarborough

The Self Love Club, Scarborough focuses on everyone having dedicated time and space for mindful living through yoga, mindfulness and art.

- Zoe from The Self Love Club would like to support all Carers Plus Yorkshire clients a special Pay As You Feel rate for their monthly mindfulness session, which runs each month on a Friday lunchtime. This provides the perfect opportunity for gentle movement, grounding breath and meditation. Finishing off with the option to stay, sip herbal tea and connect with others.
- Zoe would also like to support with a second offer of 10% discount off any of the other fantastic classes running too!
- To find out more or book a session please click on The Self Love Club logo and enter a discount code of 'Restology' at the checkout



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plus
YORKSHIRE