

# Restology Offer

## Flow For All Yoga

Flow For All Yoga is run by Faith, who has recently opened a new yoga studio in Norton. Her mission is to create a calm, safe space for people of all ages and abilities to show up, breathe and move their bodies – as little or as much as needed.

- Faith at Flow For All Yoga is working with Carers Plus Yorkshire to provide a FREE initial adult yoga taster session!
- Furthermore, for anyone who enjoyed their free induction session, Faith is also offering a 'Concessionary Class Pass' of 5 adult yoga sessions for £20!
- To gain these concessions, please contact Faith and take along your Restology card!
- Click the logo to find out more about Flow For All Yoga or contact Carers Plus Yorkshire!



YOGA & WELLNESS



carers  
plus  
YORKSHIRE