

Yoga for the Seasons

Join us for four extended yoga practices to mark the changing seasons

Saturdays 19th March / 18 June / 24 September / 26 November 2022
2pm - 4pm

In person at BoCo Yoga and Pilates Studio



Move through the year using the bountiful practices of yoga to find balance in your body and mind. You can expect mindful flowing movement, deeply relaxing postures, breath and sound practices. Expect to feel fully rested and rejuvenated after these classes.

£30 / £25 early bird until 5th March, or if booking two or more
To book, speak to Reception or email bookings@boco-uk.com



Holly is delighted to be back in person at BoCo for this series of extended practices in 2022. When not riding the wild waves of parenting her two young boys, Holly is either practicing or teaching Yoga or tending her allotment. She loves to bring influence from the world around into her yoga practice and teachings.