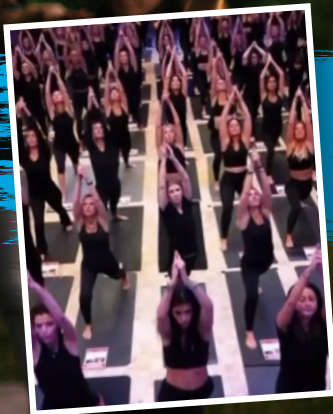


Body & Soul Morning



Move together with us as part of a gentle exercise morning to raise money for those traumatised by October 7th. Help us be part of a mass class as seen in Tel Aviv, Paris and Mexico.

For girls/women age 14 plus. Any level of fitness. Please bring your own mat and water. Dress code black.

The 45 minute session will be led by 3 experienced trainers. Michal teaches yoga, Caroline, a Personal Trainer & author of The Scoliosis Handbook offers body strengthening & Avital is a Personal Trainer.

Sunday 30 June 2024

from **9.45am - 11.15am** at a **NW London** location

Tickets: **£36 per person**, or **£40 including 1 raffle ticket**,
or **£50 including 10 raffle tickets, goody bag included**

For further details please contact
Caroline: cazfreedman@hotmail.com

All proceeds go towards the WIZO Emergency Appeal.
WIZO is on the ground dealing with the day-to-day impact of the terror of this horrific war and urgently needs your support to provide vital care for the victims.

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