

The Life Centre

Three Yoga Studios - 1 hot, 2 not
50+ classes each week
Talented teachers
All in the heart of Manchester

Yoga is a proven practice for promoting physical well-being, calming the mind and enhancing our appreciation of life.

While yoga is rooted in ancient wisdom, our hectic modern lifestyles make it more relevant than ever. Recent studies have shown that practising yoga and meditation can alleviate desk-related pain, reduce stress and help prevent burn-out, while increasing clarity, motivation and productivity.

The brilliance of yoga is that it considers the whole human, building resilience, strength and flexibility in both body and mind. As you work out you'll also work in, finding the mental space to relax, revitalise and reconnect with what's important.

You'll be rewarded with better health, energy and serenity to support your busy life and career.

With three studios, a variety of class styles and a host of talented teachers, there's a class for everyone with
The Life Centre.

As a member of our corporate community you are able to enjoy your **first class free** and **20% off** selected class passes forever.

A vibrant yoga community looks forward to welcoming you.

253 Deansgate (opposite Hilton Hotel), Manchester, M3 4EN

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www.thelifecentrenorth.com