

Yoga Foundation & Back Care
with Madhuri

Fridays 6-7.30pm
Drop In // Rs 1000 per person



A holistic solution including poses to strengthen the back and core and improve flexibility, ease pain after injuries, building a strong comfortable back with good posture.

Confirm your presence with Madhuri: 0777 489 463

Prana Lounge 60 Horton Place Colombo 7