



[www.BeautifulWarrior.co.uk](http://www.BeautifulWarrior.co.uk)

**NEW to NW6!**  
yoga + pilates + barre

for a  
strong,  
toned  
body



## **Yoga-Core** classes

**Saturdays 10 - 11am (from 12 August):**

Hub, 8 Fairhazel Gdns, NW6 3SG (opp. The Arches Wine Bar)

**Fridays 12.30-1.30pm (from 15 September):**

Sherriff Centre, St James Church, Sherriff Rd/West End Ln, NW6 2AP

£10 drop in/ £9 book online at [beautifulwarrior.co.uk](http://beautifulwarrior.co.uk)

Your first class half-price (£5) with this flyer. (One per client)

To help you thrive in this challenging world of ours,  
come channel your *Beautiful Warrior!*

## PHYSICALLY

*Tone up whilst building strength*

**Yoga-Core will work to flatten your tummy, lift your seat, lean out your thighs, waist and upper arms and improve muscle definition**

## EMOTIONALLY

*Restore healthy breath patterns to reduce stress and improve sleep*

**Yoga-Core's breath-led practice will help restore a sense of emotional grounding and centredness**

## MENTALLY

*Clear your mind of its usual chatter and cultivate a balanced perspective on life*

**Yoga-Core's mindful movement will help develop focus and mental equipoise**



*yoga-core* is ideal for men and women who enjoy yoga and pilates but also like a core and strength challenge. Drop in or book at [beautifulwarrior.co.uk](http://beautifulwarrior.co.uk). Beginners welcome.

*Marie-Louise* is an insured BWY and REPS accredited yoga, pilates and barre instructor. A former corporate financier, she understands first hand the vital importance of re-balancing mind and body and draws on her triyoga and STOTT-Merrithew trainings to design innovative classes enhancing fitness, grace and wellbeing.

**NB: the Sherriff Centre doesn't provide mats so do bring yours if you have one.**

