



Nourish Your Mind & Body  
**Feel Good Friday**

**Exercise & Relaxation  
Tips & Techniques  
For Everyday Life**

**Women Only**

**Fridays**

**10-11:30am**

**The Cabin**

(in front of Balfron Tower)

82 St Leonards Rd, E14 0QU

**Suggested donation  
£3 per class**

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 **@BrownfieldCabin**

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