



HATHA YOGA FOR BEGINNERS

Commencing Tues 20th April

***Classes will consist of warm-ups,
traditional postures, breathing
techniques and deep relaxation.***

TUESDAY 7:00-8.30pm

THURSDAY 10.00-11.30am

***Please bring yoga mat and
blanket/warm clothing***

***TO BOOK YOUR PLACE PLEASE CONTACT
JOANNA ON 01902 427225 OR 07977 504028***