



Yoga



at South Milford Women's Institute

Mondays 1.30 - 3.00pm

Pay for a Term (10% discount)

or £6.00 per class

Please book early as places are limited

TERM 1 Sept 9th, 16th, 23rd, 30th **Oct** 7th, 14th, 21st,

TERM 2 Nov 4th, 11th, 18th, 25th **Dec** 2nd, 9th

TERM 3 Jan 6th, 13th, 20th, 27th **Feb** 3rd, 10th

TERM 4 Feb 24th **Mar** 2nd, 9th, 16th, 23rd, 30th

TERM 5 Apr 20th, 27th **May** 4th, 11th, 18th

TERM 6 Jun 8th, 15th, 22nd, 29th **Jul** 6th, 13th, 20th

Wear loose clothing

Please bring a yoga mat and blanket

Enquiries/bookings contact:

Alison 07715 174734

alisonleach@talktalk.net

