



# Yoga



**at South Milford Women's Institute**

**Sept 2021 to July 2022**

**Mondays 1.30 - 3.00pm**

**Pay for a Term (10% discount)**

**or £7.00 per class**

**Please book early as places are limited**

**TERM 1** Sept 6th, 13th, 20th, 27th **Oct** 4th, 11th

**TERM 2** Nov 1st, 8th, 15th, 22nd, 29th **Dec** 6th, 13th

**TERM 3** Jan 10th, 17th, 24th, 31st **Feb** 7th, 14th

**TERM 4** Feb 28th **Mar** 7th, 14th, 21st, 28th **Apr** 4th

**TERM 5** Apr 25th **May** 9th, 16th, 23rd

**TERM 6** Jun 13th, 20th, 27th **Jul** 4th, 11th, 18th

Wear loose clothing

Please bring a yoga mat and blanket

**Enquiries/bookings contact:**

**Alison 07715 174734**

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