



Yoga



at South Milford Women's Institute

Mondays 1.30 - 3.00pm

Pay for a Term (10% discount)

or £8.00 per class

Please book early as places are limited

September 2024 to July 2025

TERM 1 Sept 9, 16, 23, 30 Oct 7, 14

TERM 2 Nov 4, 11, 18, 25 Dec 2, 9

TERM 3 Jan 6, 13, 20, 27 Feb 3, 10

TERM 4 Feb 24 Mar 3, 10, 17, 24, 31

TERM 5 Apr 28 May 5, 12, 19

TERM 6 Jun 9, 16, 23, 30 Jul 7, 14

Wear loose clothing

Please bring a yoga mat and blanket

Enquiries/bookings contact:

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