



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 2026 to July 2027

TERM 1 Sept 14, 21, 28 Oct 5, 12, 19

TERM 2 Nov 2, 9, 16, 23, 30 Dec 7

TERM 3 Jan 4, 11, 18, 25 Feb 1

TERM 4 Feb 15, 22 Mar 1, 8, 15

TERM 5 Apr 5, 12, 19, 26 May 10, 17

TERM 6 Jun 7, 14, 21, 28 Jul 5, 12, 19

Wear loose clothing

Please bring a yoga mat and blanket

Enquiries/bookings contact:

Alison 07715 174734

alisonleach@talktalk.net

