

*breathe, stretch, tone,  
relax!*

YOGA



## HATHA YOGA MULTI-LEVEL CLASSES

WEDNESDAYS 9 - 10AM

11, 18, 25 JAN & 1, 8, 22 FEB

£75 FOR ALL SIX CLASSES - OR £15 PER DROP-IN CLASS

ALL SAINTS PARISH CENTRE, BOYN HILL ROAD

TO BOOK CONTACT KATE HORSBURGH: +44 07508066749 OR CARAMAYAWELLBEING@GMAIL.COM