



YOGA CLASSES

Upstairs, Swanland Village Hall, Main Street, HU14 3QR

MONDAY - 9.30am - 10.30am

TUESDAY - 7pm - 8pm

THURSDAY - 7.30pm - 8.30pm

Relax and revitalise with the **TWS** style of yoga.

Suitable for all abilities.

£5 per session or £18 for 4 pre-booked sessions.

To book 07981 300531 / aliwileman@twswellness.co.uk or

www.twswellness.co.uk/yogaswanland

1-2-1 / private classes available in your own home or our studio in central Hull. £30 per session. Tailored to your specific needs.



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