



NEW YOGA CLASS
starting 1st April 2010

Thursday mornings 11.00am - 12.00pm

The first 2 classes, 1 & 8 April will be Taster Sessions costing £4.00 each and from Thurs 15th April the classes will run as 6 week courses, bookable in advance.

Swanland Village Hall

The style of Yoga used concentrates on body alignment, to improve strength, balance and flexibility, with relaxation techniques used to encourage stress reduction.

Wear loose comfortable clothing and bring a yoga mat if possible.

**Please call Angie for further information regarding
the above sessions, or to book and
secure your place on 077077 19600
Email: angie480@hotmail.com**