

"After School drop off" Yoga - taster class

Release stress, stretch and tone your
body, with a relaxation to finish...
sound good?

Come along on Thurs 9th Jan 2020 to
Palairret Hall (opposite school on main
road)

9.15-10.15 followed by a cuppa

Offer cost- Pay what you feel.

Sign up to regular classes on the day
and receive a discount.

Suitable for all levels, including
beginners. Mats provided.

please contact katie for more info and
to book your place
katieyoga73@gmail.com 07725028511

Katie is a fully certified teacher with
Yoga Alliance with ten years teaching
experience.

yoga studio

Open everyday from
10:00 AM - 7:00 PM

[br(eakfast) + (l)unch]

www.brunch.com

Learn the basics and advance
techniques from our professional yoga
practitioners.