





WE ARE HERE FOR WALK AND YOGA




# RELAXING YOGA CLASS



 **DATE: Every Saturday (May - Sept 2024)**

 **TIME: 11.30 am - 12.30 pm**

 **MEET: Opp to the Moat Cafe, Near Headstone Manor Museum.**

**Suggested Donation: £5**

**Instructions**

**Come in comfortable clothing.**

**\*Bring your own yoga mat\***



 **BOOK NOW**

**Register Online**

**<https://sohamyoga.co.uk/schedule/>**