

# YOGA



## **Yoga Classes at Waterhouses Village Hall:**

20 April

27 April

18 May

25 May

1 June

15 June

22 June

29 June

A Gentle Class starts at 6.30pm with an In Depth Class at 8pm. The Gentle Class will focus on moving all of the body and relaxation and the In Depth Class will look at postures in greater detail with breathwork and meditation.

Bring a blanket, mat (if you have one) and a bottle of water. Wear loose, comfortable clothing. £35 for 8 weeks or £5 per class

Contact Jane on 3735256 or [yogaserene@talktalk.net](mailto:yogaserene@talktalk.net) for more details or if you have any questions.