

# YOGA



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

19 January  
26 January  
16 February  
23 February  
2 March  
16 March  
23 March  
30 March

at the Village Hall from 7.00 to 8.30pm.

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.