

Waterhouses Yoga Class

Gentle yoga class at Waterhouses Village Hall starts 20th September

Tuesdays 6.00-7.30pm for 10 weeks

£40 for 10 weeks or £5 drop in

No previous experience required and all abilities welcome.

Bring a mat (if you have one) , a blanket and wear loose, comfortable clothing .

The class will focus on having a healthy back and will include a long relaxation.

For more information, please contact Jane on 3735256 or janesendall@talktalk.net

