

Yoga Classes



Venue	Withybrook Villiage Hall
Day	Thursday
Time	7.15—8.15pm
Cost	£5 per session

Suzy teaches Ashtanga Yoga and was trained through the British Wheel of Yoga
She is First Aid trained and Insured.

As this is a new class it will be a mixed ability class and will evolve depending
on the needs of the class.

For more info contact Suzy at s.thongsabjalil@btinternet.com

Or Tel: 07854072731