



## **NEW IN DOLTON!**

### **YOGA CLASSES FOR ALL AT THE VILLAGE HALL!**

**Every Tuesday morning at 10 – 11.15 a.m.  
commencing Tuesday 5<sup>th</sup> February 2019.**

**Welcoming beginners, newcomers and regular practitioners of all ages in this mixed ability class. £5:00 per session (drop-in class!)**

**JUST TURN UP!**

*Experience increased energy and flexibility and a sense of calm and well being with this programme of deep stretching and breathing.*

**Please bring your yoga mat, if you have one, (I will always have spares) and a blanket for relaxation.**

*MARION: 01805 603229*