



Yoga



at South Milford Women's Institute

Mondays 1.30 - 3.00pm

Pay for a Term (10% discount)

or £5.50 per class

Please book early as places are limited

TERM 1 Sept 4th, 11th, 18th, 25th Oct 2nd, 9th, 16th

TERM 2 Oct 30th Nov 6th, 13th, 20th, 27th Dec 4th, 11th

TERM 3 Jan 8th, 15th, 22nd, 29th Feb 5th

TERM 4 Feb 19th, 26th Mar 5th, 12th, 19th, 26th

TERM 5 Apr 16th, 23rd, 30th May 14th, 21st

TERM 6 Jun 11th, 18th, 25th Jul 2nd, 9th, 16th, 23rd

Wear loose clothing

Please bring a yoga mat and blanket

Enquiries/bookings contact:

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