



Yoga



at South Milford Women's Institute

Mondays 1.30 - 3.00pm

Pay for a Term (10% discount)

or £6.00 per class

Please book early as places are limited

TERM 1 Sept 10th, 17th, 24th Oct 1st, 8th, 15th, 22nd

TERM 2 Nov 5th, 12th, 19th, 26th Dec 3rd, 10th

TERM 3 Jan 7th, 14th, 21st, 28th Feb 4th, 11th, 18th

TERM 4 Mar 4th, 11th, 18th, 25th Apr 1st, 8th

TERM 5 Apr 29th May 13th, 20th

TERM 6 Jun 10th, 17th, 24th Jul 1st, 8th, 15th 22nd

Wear loose clothing

Please bring a yoga mat and blanket

Enquiries/bookings contact:

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