



Yoga



at South Milford Women's Institute

Mondays 1.30 - 3.00pm

Pay for a Term (10% discount)

or £8.00 per class

Please book early as places are limited

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

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

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

TERM 4 Feb 19th, 26th **Mar** 4th, 11th, 18th

TERM 5 Apr 8th, 15th, 22nd, 29th **May** 13th

TERM 6 Jun 3rd, 10th, 17th, 24th **Jul** 1st, 8th, 15th

Wear loose clothing

Please bring a yoga mat and blanket

Enquiries/bookings contact:

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