



# 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**

**September 2025 to July 2026**

**TERM 1** Sept 15, 22, 29      Oct 6, 13, 20

**TERM 2** Nov 3, 10, 17, 24      Dec 1, 8

**TERM 3** Jan 5, 12, 19, 26      Feb 2, 9

**TERM 4** Feb 23      Mar 2, 9, 16, 23

**TERM 5** Apr 13, 20, 27      May 11, 18

**TERM 6** Jun 8, 15, 22, 29      Jul 6, 13

Wear loose clothing

Please bring a yoga mat and blanket

**Enquiries/bookings contact:**

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