

YOGA CLASSES

Yoga with a Slower Pace 2 PLACES LEFT

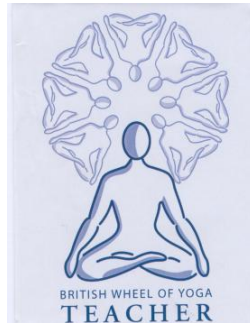
Hatha Yoga

Includes Postures,
Breathing, Relaxation
Stretching



Mixed ability

All equipment
provided to aid at
different levels



Scotby Village Hall Carlisle CA4 8BW
Wednesdays from September for 10 sessions

TIME

Welcome at 1.45pm

Finish at 3.45pm

Free Parking

Equipment Provided



10 sessions of 2 hours

£40

£30 (concessions)

Pam Horton

British Wheel of Yoga Diploma (Governing Body).

Cert Ed. Insured. Up to Date First Aid Certificate.

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www.yogapam.me.uk