

Hatha Yoga Morning Class



Small classes are led in a comfortable atmosphere of support and are ideal for those wishing to develop a regular yoga routine of postures, breathing techniques and relaxation.

Classes are suitable for beginners or students wishing to deepen their yoga practice. If this interests you, please email or phone:

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Rosy Dennis BEd (Hons) & BWY Dip



Mileham Village Hall
Classes Start
Tuesday, 20 February
10am to 11.30am
for 5 weeks