

# **Saturday morning YOGA** **@ Assembly Rooms, St Briavels**

**New times: 9.30 -11.00 am**

**YOGACARD** 6 class card (£48) to be used within 12 teaching weeks

***New*** drop-in option £9 per class

A great start to your weekend! Come along to stretch, breath and relax away the effects of your week, so you can leave refreshed, replenished and re-vitalised to make the most of your weekend!  
Look forward to seeing you on the mat!

Class returns 10<sup>th</sup> September '16

