

2016 Simply YOGA with Ali Rose



Tuesday mornings @ The Assembly Rooms, St Briavels
(9.30 -11.00 am)

6th Sep -18th Oct *half term* 25th Oct (7 weeks £52.50)

1st Nov – 13th Dec (7 weeks £52.50)

20th Dec ***Winter Solstice Special*** (no charge)

Tuesday evenings @ Millennium Hall, Llandogo

(7.00 -8.30 pm) **YOGACARD (or drop-in £9)**

6th Sep – 20th December

Wednesday mornings @ Lydney CC

10.00 -11.30 am

(Wydean Adult Education class – contact Ali for further term details)

SEATED YOGA @ Kings Meade, Coleford **Weds 2-3pm**

Thursday evenings @ The Assembly Rooms, St Briavels

(7.00 -8.30 pm)

8th Sep – 20th October(7 weeks £52.50)

Drop-in 27th October £8.00

3rd Nov – 15th Dec (7 weeks £52.50) *15 Dec change of venue tbc

22nd Dec ***Winter Solstice Special*** (no charge)

FRIDAY mornings SENIORS Yoga @ Broadwell Memorial Hall

10 – 11.30 am £6.50 per class – drop in

9th Sep – 16th Dec

Saturday mornings @ The Assembly Rooms, St Briavels

(9.30 – 11.00 am) **YOGACARD (or drop-in £9)**

10th Sep – 17th Dec

*1st Oct/26th Nov change of venue tbc

www.yogawithalirose.co.uk

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