

January 2017- *Simply* YOGA



with Ali Rose

Spring Workshop Sunday 26th Feb

contact Ali for further details

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

3rd Jan – 7th Feb (5 weeks £37.50) (*Half-term break 14th Feb*)

21st Feb – 4th April (7 weeks £52.50)

11th April - drop in -all welcome £8.00

(Easter break 18th April)

Tuesday evenings @ Millennium Hall, Llandogo

(7.00 -8.30 pm) **YOGACARD ***

3rd January - 11th April

(Easter break 18th April)

Wednesday afternoon (2-3 pm) Seated Yoga @ Kings Mead, Coleford

Thursday evenings @ The Assembly Rooms, St Briavels

(7.00 -8.30 pm)

5th January – 9th Feb (6 weeks £45)

16th Feb drop in- all welcome £8.00

23rd Feb – 6th April (7 weeks £52.50)

20th April - drop in- all welcome £8.00

4th May change of venue to St Briavels Primary School TBC

(once a month) Saturday mornings @ The Assembly Rooms

(9.30 – 11.00 am) **YOGACARD ***

Jan 28th / Feb 25th / March 25th / April 29th

(* see website for YOGACARD details)

www.yogawithalirose.co.uk

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