

# Spring / Summer 2017- *Simply* YOGA



*with Ali Rose*

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

Easter break 18<sup>th</sup> April

**25<sup>th</sup> April – 23<sup>rd</sup> May** (5 weeks £37.50) (*Half-term break 30<sup>th</sup> May*)

**6<sup>th</sup> June – 18<sup>th</sup> July** (7 weeks £52.50)

**Summer drop-ins Tuesday 25<sup>th</sup> July / 1<sup>st</sup> August**

Tuesday evenings @ Millennium Hall, Llandogo

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

(Easter break 18<sup>th</sup> April)

**25<sup>th</sup> April – 25<sup>th</sup> July**

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

Thursday mornings – Gentle/Seniors Yoga Bells Hotel, Coleford

10-11.30 am £6.50 per class

Thursday evenings @ The Assembly Rooms, St Briavels (7.00 -8.30 pm)

**27<sup>th</sup> April – 25<sup>th</sup> May** (5 weeks £37.50) **\*\***

**\*\*4<sup>th</sup> May** Venue/time change to St Briavels Primary School 6.45 – 8.00pm

*1<sup>st</sup> June - half term drop in - all welcome £8.00*

**8<sup>th</sup> June – July 20<sup>th</sup>** (7 weeks £52.50)

**Summer drop-ins Thurs pm July 27<sup>th</sup> / August 3<sup>rd</sup>**

**Sunday August 6<sup>th</sup>** 2 -5 pm Yoga workshop – details to follow!

Saturday mornings (*once a month*)

@ The Assembly Rooms (9.30 – 11.00 am) **YOGACARD \*** see website for details)

April 29<sup>th</sup> / May 27<sup>th</sup> / June 24<sup>th</sup> / July 22<sup>nd</sup>

[www.yogawithalirose.co.uk](http://www.yogawithalirose.co.uk)

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