



# Autumn 2017- *Simply* YOGA

*with Ali Rose*

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

5<sup>th</sup> September – 17<sup>th</sup> October (7 weeks £52.50)

*Half-term drop-in 24<sup>th</sup> October £8*

31<sup>st</sup> October – 12<sup>th</sup> December (7 weeks £52.50)

*Solstice Special 19<sup>th</sup> December – all welcome*

Tuesday evenings @ Millennium Hall, Llandogo

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

5<sup>th</sup> September – 19<sup>th</sup> December

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)

7<sup>th</sup> September – 19<sup>th</sup> October (7 weeks £52.50)

*Half-term drop-in 26<sup>th</sup> October £8*

2<sup>nd</sup> November – 14<sup>th</sup> December (7 weeks £52.50)

*Solstice special 21<sup>st</sup> December*

Saturday mornings (once a month)

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

September 30<sup>th</sup> / 4<sup>th</sup> November / 16<sup>th</sup> December

*A Weekend of Nurture for Women*

*18<sup>th</sup> - 19<sup>th</sup> November @ Ragmans Lane Farm*

*With Ali Rose and Sarah Mclellan*

*save the date - details to follow soon!*

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

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