



# Spring 2018- *Simply* YOGA

*with Ali Rose*

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

**2<sup>nd</sup> January (9.30 -11.00) New Year drop-in (£8) open to all!**

**9<sup>th</sup> January – 6<sup>th</sup> Feb** (5 weeks £37.50)

*Half-term break 13<sup>th</sup> Feb*

**20<sup>th</sup> Feb – 27<sup>th</sup> March** (6 weeks £45.00)

*Easter drop-in 10<sup>th</sup> April*

**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)

**4<sup>th</sup> January – 8<sup>th</sup> February** (6 weeks £45.00)

*Half-term drop- 15<sup>th</sup> Feb*

**22<sup>nd</sup> Feb – 29<sup>th</sup> March** (6 weeks £45.00)

*Easter drop-in 12<sup>th</sup> April*

**Saturday mornings** (*approx. once a month*) – **Open to all**

@ The Assembly Rooms (9.30 – 11.00 am)

**Jan 27<sup>th</sup> / Feb 24<sup>th</sup> / March 24<sup>th</sup> / April 21<sup>st</sup>**

I am now offering **One to One sessions** — details on the website in Jan!

*'Seasonal Yoga Sundays'*

**10 - 4.30pm**

**April 29<sup>th</sup> / July 8<sup>th</sup> / Sep 23<sup>rd</sup> / Nov 18<sup>th</sup>**

@ The Mushroom Shed, Ragman's Lane Farm GL17 9 PA

More details soon!