



## Spring / Summer 2018

# YOGA *with Ali Rose*

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

**Easter drop-in April 10<sup>th</sup> 9.30 -11.00 (£8) – all welcome**

**17<sup>th</sup> April – 22<sup>nd</sup> May** (6 weeks £45.00)

**Half-term break 29<sup>th</sup> May**

**5<sup>th</sup> June – 17<sup>th</sup> July** (6 weeks £45.00)

**Summer drop in's 24<sup>th</sup> & 31<sup>st</sup> July – all welcome**

**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)

**Easter drop in 12<sup>th</sup> April – all welcome**

**19<sup>th</sup> April – 24<sup>th</sup> May** (6 weeks £45.00)

**Half-term drop-in May 31<sup>st</sup>)**

**7<sup>th</sup> June– 19<sup>th</sup> July** 7 weeks £52.50)

**Summer drop-ins July 26<sup>th</sup> & August 2<sup>nd</sup> all welcome**

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

@ The Assembly Rooms (9.30 – 11.00 am)

**April 21<sup>st</sup> / May 19<sup>th</sup> / June 16<sup>th</sup> / July 21<sup>st</sup>**

I am now offering **One to One sessions** – details on the website

*'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