



# YOGA *with Ali Rose* Autumn / Winter 2018

**Monday mornings** - Gentle / Seniors Yoga @Bishopswood Village Hall (HR9 5QT) **10.00 -11.30 am**

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

**4th Sep\* – 16<sup>th</sup> October** (7 weeks £52.50))

*(\*If you are unable to start on the 3rd please let me know and adjust your payment)*

**30<sup>th</sup> October – 11<sup>th</sup> December** (7 weeks £52.50)

**18<sup>th</sup> December** Winter Solstice Special (no charge)

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

**Thursday mornings** – Gentle/Seniors Yoga Bells Hotel, Coleford  
10-11.30 am £7.50 per class

**Thursday evenings** @ The Assembly Rooms, St Briavels (7. 00 - 8.30 pm)

**6<sup>th</sup> September – 18<sup>th</sup> October** (7 weeks £52.50)

*Half-term drop-in 25<sup>th</sup> October*

**1<sup>st</sup> November– 13<sup>th</sup> December** 7 weeks £52.50)

**20<sup>th</sup> December** Winter Solstice Special (no charge)

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

@ The Assembly Rooms (9.30 – 11.00 am)

**October 20<sup>th</sup> / November 17<sup>th</sup> / Dec 1st**

Personalise your practice! I am now offering

**One to One sessions-** Special offer for current students details on the website

*'Seasonal Yoga Sundays' 10 - 5.00pm*

Sep 23<sup>rd</sup> / Nov 18<sup>th</sup> (book early to avoid disappointment!)

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