



Yoga with Ali ROSE

Spring/ Summer term 2019

Monday mornings Gentle Yoga @ Bishopswood's Hall. HR9 5QT. 10-11.30 am



Tuesday mornings @ St Briavels Assembly Rooms. GL15 6TG 9.30 - 11.00am
26th- Feb - April 2nd April 9th drop in
23rd April - 21st May (5 weeks £37.50). Half term break 28th May
4th June - 16th July (7 weeks £52.50)
23rd July drop in



Wednesday mornings Gentle Yoga @ Chepstow Yoga Space
13th March- 10th April 17th April drop in
24th April- 22nd May. (5 weeks £40/ £10 drop-in)
29th May drop in
5th June- 17th July (7 weeks £56/ £10 drop-in)
24th / 31st July drop ins



Wednesday Early Evening @ Chepstow Yoga Space 6.15-7.45pm
13th March- 10th April (5 weeks £40/ £10 drop-in)
17th April Easter drop-in
24th April- 22nd May (5 weeks £40/ £10 drop-in) 29th May drop in
5th June - 17th July (7 weeks £56 / £10 drop-in)
24th / 31st July drop ins



Thursday morning Gentle Yoga @ Bells Hotel, Coleford 10-11.30 am



Thursday evening @ St Briavels Assembly Rooms. 7.00- 8.30 pm
11th April drop in
25th April- 23rd May *no class May 2nd (4 weeks £30.00)
30th May drop in
6th June - 18th July (7 weeks £52.50)
25th July drop in



Friday morning Yoga @ Chepstow Yoga Space 9.30 - 11.00 am
15th March- 12th April (5 weeks £40/ £10 drop-in) Easter break
26th April- 24th May (5 weeks £40/ £10 drop-in)
31st May drop in
7th June - 12th July (6 weeks £48/ £10 drop-in)
19th July drop in

Saturday mornings **March 30th** (CYS) / **April 6th** (St B) / **April 27th** (CYS)
May 11th (St B) / **June 22nd** (St B) **June 29th** (CYS)

For further details visit www.yogawithalirose.co.uk
or call Ali 0788 367 8629