



**YOGA
AT THE
MANATON PARISH
HALL**

**Yoga classes to include posture work,
breathing and relaxation exercises.
The classes are suitable for everyone
and beginners are very welcome**

WHEN: Monday afternoons from 15.00-16.30 pm

**How much: £6 per class payable monthly or
£7.50 for drop-in class**

Tutor - Jan Williamson

**If you would like to attend, please contact Jan to
book a place:**

01626 853236 or email yogajanw@hotmail.com