

# NEW Yoga and Stretching Course

General Class (beginners are welcome)

**Chilworth Village Hall, Chilworth Rd, S016 7J2**

**(A 27) Soton – Romsey**

**Thursday mornings 10.00 -11.30 am**

*Sessions to include stretching, yoga postures,  
pranayama and relaxation*

*Wear loose comfortable clothing and bring a mat,  
cushion or small blanket.*

***Autumn 2017 Course dates***

***21<sup>st</sup> & 28<sup>th</sup> Sept / 5<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> Oct.***

***2<sup>nd</sup>, 16<sup>th</sup> & 30<sup>th</sup> Nov. / 7<sup>th</sup> & 14<sup>th</sup> December 2017***

**Please contact the teacher to pre-book on 02380 263276**

Gillian Maskelyne

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