

YOGA CLASSES

Drop-in at £7 per class - All levels welcome

MONDAY evenings 6.00 -- 7.15

The Institute Bocking End, Braintree

WEDNESDAY evenings 7.00 -- 8.30

Canon Roche Hall Sun Comer, Billericay

YOGA SUNDAY WORKSHOPS

Downham Village Hall nr Billericay

Sunday November 30th yoga 12.00 — 4.00 £30

2009

Sunday January 11th yoga 12.00 — 4.00 £30

Sunday February 22nd yoga 12.00 — 4.00 £30

Sunday March 29th yoga 12.00 — 4.00 £30

Sunday April 26th yoga 12.00 — 4.00 £30

Sunday June 28th yoga 12.00 — 4.00 £30

Sunday July 26th yoga 12.00 — 4.00 £30

Sunday September 27th yoga 12.00 — 4.00 £30

Sunday October 25th yoga 12.00 — 4.00 £30

Sunday November 29th yoga 12.00 — 4.00 £30

YOGA FRIDAY WORKSHOPS

Downham Village Hall nr Billericay

2009

Friday February 13th yoga 2.00 – 4.00 £11.00

Friday March 13th yoga 2.00 – 4.00 £10

Friday April 17th yoga 2.00 – 4.00 £10

Friday June 12th yoga 2.00 – 4.00 £10

Friday July 10th yoga 2.00 – 4.00 £10

Friday August 14th yoga 2.00 – 4.00 £10

Friday September 11th yoga 2.00 – 4.00 £10

Friday October 16th yoga 2.00 – 4.00 £10

Friday November 13th yoga 2.00 – 4.00 £10



VICTORIA JANE ADAMSON

07957 463050 01371 811688

letsdo yoga.co.uk

vickyjanesmith@hotmail.com