

YOGA CLASSES

All levels welcome

MONDAY evenings 6.15 -- 7.30

Drop-in at £7 per class at The Institute Bocking End, Braintree

WEDNESDAY evenings 7.30 -- 9.00

Drop-in at £8 per class at Canon Roche Hall Sun Corner, Billericay

YOGA SUNDAY WORKSHOPS

Downham Village Hall nr Billericay

2011

Sunday February 6th yoga 12.00 -- 4.00 £30

Sunday March 6th yoga 12.00 -- 4.00 £30

Sunday April 10th yoga 12.00 -- 4.00 £30

No workshop in May 2011

Sunday June 5th yoga 12.00 -- 4.00 £30

Sunday July 3rd yoga 12.00 -- 4.00 £30

Sunday August 7th yoga 12.00 -- 4.00 £30

Sunday September 4th yoga 12.00 -- 4.00 £30

Sunday October 2nd yoga 12.00 -- 4.00 £30

Sunday November 6th yoga 12.00 -- 4.00 £30

Sunday December 4th yoga 12.00 -- 4.00 £30