

yoga

for health

Sibbertoft Reading Room

Mondays :7.00 – 8.30pm

ALL abilities welcome

STARTING AGAIN ON Monday 9th January 2012

2 x 6 week courses up to Easter with one week break

Cost of Course – 6 weeks = £30

or £6 per night on ad hoc basis

Jose Kirby: 07801 880 908

josekirby@hotmail.co.uk