



*Feel the positive effects  
of yoga - renew both  
your body and mind for  
a better you.*

*Do you feel stressed?  
In need of relaxation?  
Do you have stiff muscles  
or joints?*

**Join me** for my beginners Hatha based yoga course. This is the traditional form of yoga that includes the practising of asanas (yoga postures), breathing exercises and relaxation, which can help bring peace to the mind and body, preparing for practices such as meditation.

**Mondays 7.00 -8.30 pm – starting 10<sup>th</sup> September**

**Tuesdays 9.45 – 11.15 am – starting 11<sup>th</sup> September**

**in Romsley village church hall**

**£10 per person per session**

Please bring your own yoga mat.

Places are limited by the size of the venue so please,

**contact me direct to reserve your place.**

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THE BRITISH WHEEL OF  
YOGA