



YOGA FOR ALL

Ixworth Village Hall Tuesdays 6.30-7.30pm

Also at New Green Community Centre, Thurston
Mondays 6.15-7.15pm

- Helps you feel fit, flexible, refreshed and happy
- Bring a mat, wear clothes you can stretch in
- No need for trainers
- Open to all levels, all genders, regular and occasional attendees
- £8/session paying a month in advance or £10/session drop-in

To sign up or for more information contact Sonia

sonia.mclintock@gmail.com

07712613887

I look forward to seeing you on your mat.