



IYENGAR YOGA CLASSES



INTRODUCTORY LEVEL

£5.00 per week
for a block booking
£6.00 for a drop in
Charge

Help, improve, stamina,
strength, posture and
flexibility.

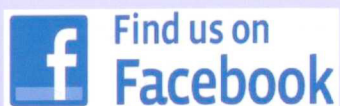
For further details and to ensure a place
please contact

Helen Cameron

Tel : 01609 883293

Mobile : 07990784081

Email : northyorkshireyoga@gmail.com



North Yorkshire Yoga

Osmotherley Village Hall

Tuesdays 6pm-7pm

Thursdays 2pm-3pm

Thursdays 6pm-7pm

Friends Meeting House Thirsk

Tuesday Evenings 8.0pm – 9.0pm

The Forum Northallerton

Tuesdays 12.00pm -1.0pm

The Methodist Church High

Street Northallerton

Wednesdays 6.15pm – 7.15pm



(Please bring your own mat and blanket.) There are
a limited number of spare mats.

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