

# Yoga Classes



**\* BWY approved YOGA CLASS**

**Fulford Hall opposite school in School Lane Mondays**

**7.30pm – 9pm**

Help to develop your own strength, stamina & suppleness,  
bring mental calmness & stillness into this busy world  
+ learn how to release tension/ stress

For any information and to book a place please phone  
Joyce Rhodes on 07548 002 189 or E-mail on  
[joycegrhodes@btinternet.com](mailto:joycegrhodes@btinternet.com)

**(Experienced International Teacher and  
Diploma Holder with the \*British Wheel of Yoga – the  
Governing Body for Yoga in Great Britain)**

**Member of Department of Health The Register of  
Exercise Professionals @ Highest Level 3  
For more info about the tutor & classes please go to  
the British Wheel of Yoga Website**

Want a change, to stretch and strengthen your body,  
Have more energy and alignment plus learn how to release tension  
and stress – be in control..Enjoy?

Yoga is non-competitive – so suitable for all  
Guided relaxations and meditations

Class fee

£8.50 (no commitment drop in) or  
£7.50 x 10 for a block of 10 sessions

