

MID SUMMER YOGA MORNING

Suitable for all abilities, the session will include warm ups and traditional yoga postures, basic breathing exercises, pranayam, relaxation, concentration.

SUNDAY 22ND JUNE 2008. 10.00-13.30

GREENWICH VILLAGE, 11 WESTERDALE ROAD, GREENWICH SE10.

(Off Combedale Rd, not far up from the Angerstein pub on the corner. All buses which go along Trafalgar/Woolwich Rd will bring you close. The nearest train station is Westcombe Hill and there is street parking available.

Cost £25. Concessions £20. Deposit of £5 secures a place.

ALL PLACES NEED TO BE PAID/PART PAID IN ADVANCE.

yoga mats, blocks and blankets are provided but please bring your own equipment if you prefer.

Also bring still, bottled water.

For further information, please see me in class or contact me
Tel 0208 853 5944, email: bking@bernadette52.freeserve.co.uk

If sending by post: 12 Christchurch Way, SE10 9AL.

CLOSING DATE Wednesday 18th June 2008.

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I would like to attend the yoga morning on Sunday 22nd June 2008 & include my payment/deposit

Name.....

Tel.....