



Yoga Summer School

Tuesdays 26 July - 30 August

7:30 - 9:00 pm

Drop-In Sessions for All Abilities

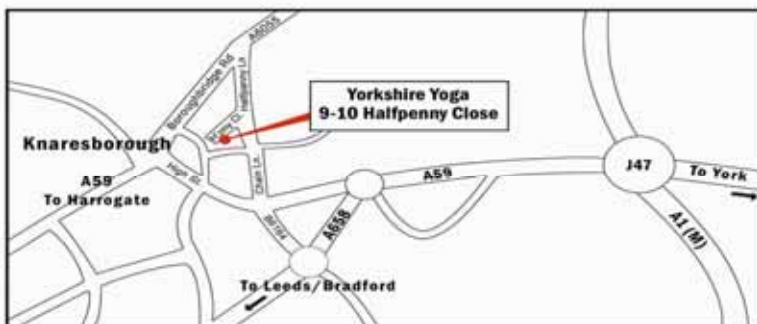
£5.50 at the door

Proceeds go to Yorkshire Yoga's new Disabilities Programme

- 26 July – HATHA YOGA, Celia Grieve
- 2 August – VINYASA FLOW, Amanda Latchmore
- 9 August – MOVING WITH THE BREATH, Helen Steventon
- 16 August – HATHA YOGA, Mona Lunn
- 23 August – SEASONAL YOGA, Jane Lewis
- 30 August – HATHA YOGA, Brenda McLaughlin

All teachers are fully-qualified with the British Wheel of Yoga.

No need to book -- just drop in. For further info please contact Jane Lewis
jllewis@btopenworld.com Tel: 01765 606018



THE BRITISH WHEEL OF
YOGA

Yorkshire Yoga Ltd Reg No 5368620 - a not-for-profit company with charitable aims

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