

HATHA YOGA CLASS

Monday evenings at the Friends Meeting House



A class for everyone with local yoga teacher Mary Halson. Stretching and strengthening exercises together with Pranayama breathing and meditation to enrich your life and health. Where possible exercises are adapted to the needs and abilities of individuals.

**FREE Taster Classes 7 & 21 September
then every Monday evening at 7:00-8:30**

Enquiries and bookings : bmary.halson@gmail.com
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FRIENDS MEETING HOUSE

Chapel Row (off Matlock Street) • Bakewell DE45 1EL