

Yoga Classes in the School hall

Every Monday evening

6.45pm to 7.15pm

An hour and a half of pure YOU time!



Come and spend time focussing on your breath, your strength and your flexibility in a small class which focusses on your individual requirements. Leave the class feeling totally relaxed and ready to face the rest of your week.

Helen from Hero Lifestyle has practised yoga for over 20 years and is a passionate and experienced teacher.

Whether you are a beginner or a seasoned yogi you will gain great benefit from Helen's classes. All abilities are welcome as yoga is for everyone.

£8.50 per class. £40 for a 5 class pass. Or, if you buy a 10 class pass for £80 get a class for free too! That's less than £7.50 a class!!!! All equipment is provided.

Telephone Helen on 07783 666022 to book your place to ask any questions

Email: infoherolifestyle@gmail.com  [@herolifestyleyogaandfitness](https://www.facebook.com/herolifestyleyogaandfitness)



[herolifestylebyhelenkimber](https://www.instagram.com/herolifestylebyhelenkimber)

