



# YOGA

Yoga classes to include posture work and breathing and relaxation techniques. The classes are suitable for everyone and beginners are very welcome.

**Chudleigh Town Hall.**

Thursday 9.30 a.m – 11.00a.m.

Please contact **Jan Williamson** to reserve a place. Telephone 01626 853236 or email [yogajanw@hotmail.com](mailto:yogajanw@hotmail.com)