

SUMMER YOGA DAY With Judith Richards

At Winchfield Village Hall
Saturday tbc August 10.30 am to 3.45pm
Price £48



Shedule:
Arrivals 10.30
Asana class 10.45 – 1.15
Lunch break 1.15 – 2.15
Restorative class 2.15 – 3.45

Suitable for all levels – minimum of 1 year's practice.

Winchfield Village Hall is a short walk down the hill from the railway station. Trains arrive from Waterloo via Surbiton at 13 and 43 mins past the hour. It's not far from Jct. 5 of the M3 – postcode RG27 8BF.

Bring your own yoga equipment – 1 mat, 1 belt, 2 bricks, 4-5 foam pads, 1-2 blankets. If you're coming by car and have your own bolster, bring that.

Bring your own light lunch; drinks provided.
To book, contact Judith yogadham223@gmail.com
BACS 08-92-99 a/c 69141353RG27 8BF