

Flex your body, Calm your mind, Inspire your life

YOGA

Spring Term 2012

Tuesday

12.15am Springhill Court, Easingwold

7.45pm Little Ouseburn Village Hall

Wednesday

1.30pm Harrogate WEA –Yoga ~Mental Health

Thursday

7.30pm Easingwold Catholic Hall

Introduction to Meditation – please ask.

Taster Classes - Bring your friends!!

Try two classes for £12 to see if it is right for you.

Private Yoga Lessons

One to one classes - personalised tuition.

Yoga Workshops, Retreat & Courses

Please ask or see my website for further information.

New members welcome to join at any time!

Jane Cluley Tel: 07906 652669
janecluley@tiscali.co.uk
www.yogandshiatsu.co.uk

Flex your body, Calm your mind, Inspire your life

YOGA

Spring Term 2012

Tuesday

12.15am Springhill Court, Easingwold

7.45pm Little Ouseburn Village Hall

Wednesday

1.30pm Harrogate WEA –Yoga ~Mental Health

Thursday

7.30pm Easingwold Catholic Hall

Introduction to Meditation – please ask.

Taster Class - Bring your friends!!

Try two classes for £12 to see if it is right for you.

Private Yoga Lessons

One to one classes - personalised tuition.

Yoga Workshops, Retreat & Courses

Please ask or see my website for further information.

New members welcome to join at any time!

Jane Cluley Tel: 07906 652669
janecluley@tiscali.co.uk
www.yogandshiatsu.co.uk

Flex your body, Calm your mind, Inspire your life

YOGA

Spring Term 2012

Tuesday

12.15am Springhill Court, Easingwold

7.45pm Little Ouseburn Village Hall

Wednesday

1.30pm Harrogate WEA –Yoga ~Mental Health

Thursday

7.30pm Easingwold Catholic Hall

Introduction to Meditation – please ask.

Taster Class - Bring your friends!!

Try two classes for £12 to see if it is right for you.

Private Yoga Lessons

One to one classes - personalised tuition.

Yoga Workshops, Retreat & Courses

Please ask or see my website for further information.

New members welcome to join at any time!

Jane Cluley Tel: 07906 652669
janecluley@tiscali.co.uk
www.yogandshiatsu.co.uk