

YOGA IS FOR EVERYONE



Would you like to become more flexible, feel more relaxed and be able to deal better with stress? Come to our Yoga classes

Venue: Ashtara Awareness Centre, Exbury (see map on reverse side)

Every **Wednesday evening 7 PM**

Every **Thursday morning 10 AM** (in Hythe. Please call to confirm)

Yoga style: Hatha and Sivananda Yoga

Ability Level: Beginners and experienced

Contact: 02380 988 990 or yoga@freshandfabulous.co.uk

Website: <http://yoga.freshandfabulous.co.uk>

Drop in class: £5.00 per class

No need to book. Just turn up on the day.

Please wear comfortable clothing and bring a blanket and a yoga mat.

We also provide yoga mats if you don't have one.

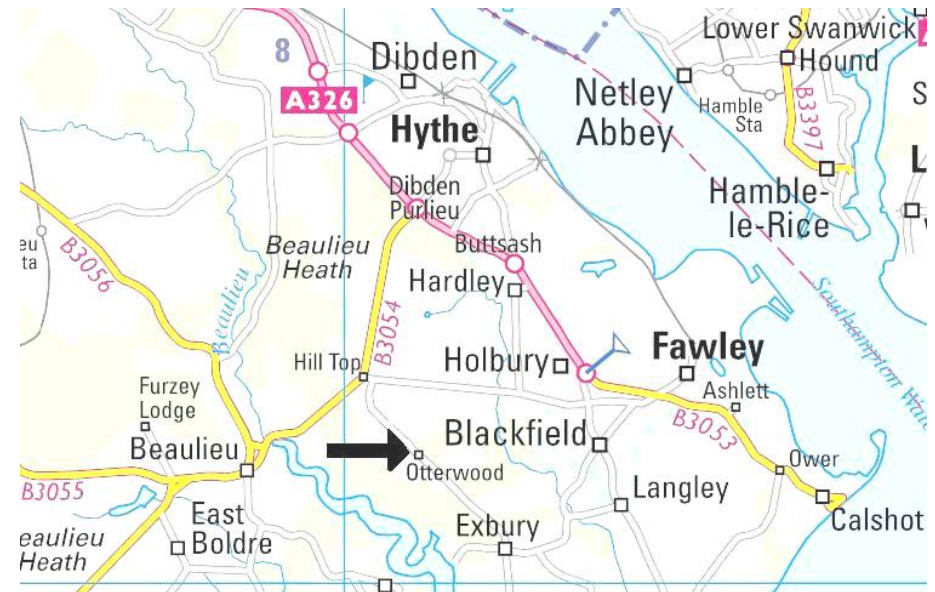


The teachers: Uwe and Renate have been practicing yoga for over 8 years and are fully IYN qualified yoga teachers. They love to share their passion for yoga with others. They combine Hatha and Sivananda postures with breath work and meditation to stretch and strengthen the body and calm the mind.

If you have any questions or if you would like to book a group or an individual class, please call 02380 988 990 or send an email to yoga@freshandfabulous.co.uk

Or check on our website <http://yoga.freshandfabulous.co.uk>

Location: Ashtara Awareness Centre, The Parlour, Otterwood Farm, Summer Lane, Exbury, SO45 7YS. You can contact the centre direct on 01590 611221 www.ashtara.co.uk



Renate and Uwe are both registered with the Independent Yoga Network: www.independentyoganetwork.org



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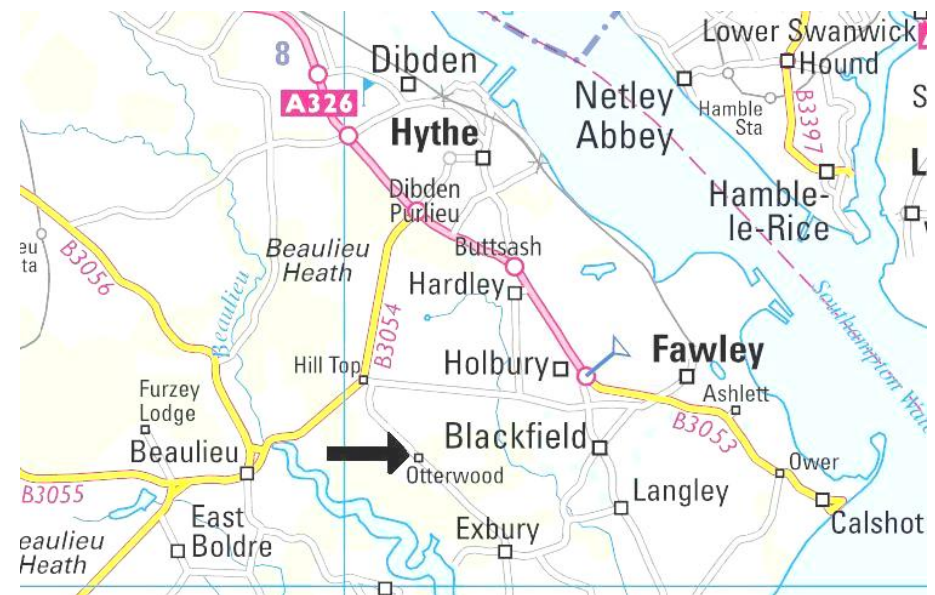
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