

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

Weekly Yoga Classes including school holidays

Wednesdays 7pm to 8.15pm Beaulieu Abbey Church Hall (see map)

Thursdays 10am to 11.15am in Hythe (please call for details)

£5.00 per class

Yoga style: Hatha and Sivananda Yoga

Ability Level: Beginners and experienced

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

No need to book the Beaulieu class.

Please call to book Hythe as places are limited.

Please wear comfortable clothing and bring a blanket and a yoga mat. We also provide yoga mats if you don't have one.

Please inform the teacher about any injuries or health issues at the beginning of the class.

The teachers: Uwe and Renate have been practicing yoga for over 9 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

Location: Beaulieu Abbey Church Hall, Palace Lane, Beaulieu, Hampshire SO42 7YG



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

