



gentle yoga outside

These gentle yoga classes outside are really good fun, friendly and a great experience. Set in the lovely Orchard walled Garden Combe Down by kind permission of Knightstone Housing Association.

The classes are for beginners and supported by practising yoga students.

Residents of Knightstone are more than welcome. For the yoga outside just make a donation but if the weather dictates then we will have to go inside, then the class will £5.00

All the classes are on a Sunday. It is important that everyone informs me that you are coming, this is for safety and security reasons.

Sunday

**21st June, 5th July,
19th July and 5th August
3.00pm - 4.30 pm.**

Bring refreshments for after

Contact Pete Savin 01225 834891
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