



30 Essential Yoga Poses - Starts Tuesday 9 May



Who? all welcome especially complete beginners

What? 7 week guide to all the yoga you'll ever need

Where? **The Yoga Space** @ Chapman Employment Relations, 56 Waimea Road

When? Tuesdays 9 May - 20 June inclusive 5.45 - 7.00pm

Why? for a healthy and flexible body and mind

Contact rodwatson1@gmail.com, 021 0255 6765 or 545 1668 to book a place.