



IYENGAR YOGA

with Jenny Furby



DISCOVER THE TRANSFORMATIVE POWER OF YOGA. CLASSES ARE PERFECT FOR ALL LEVELS, OFFERING A SPACE TO RELAX, REJUVINATE AND RECONNECT WITH YOURSELF.



IMPROVE FLEXIBILITY



RELIEVE STRESS AND BOOST ENERGY



EMBRACE MINDFULNESS AND HARMONY

FIRST
CLASS FREE

WWW.ANDOVERYOGA.CO.UK

07734 046 234

Wednesday: 09.15-10.45	Hurstbourne Tarrant Community Hall
Wednesday: 18.30-20.00	The Gilliat Hall, Andover
Thursday: 09.30-11.00	The Gilliat Hall, Andover
Thursday: 17.30-18.25	The Gilliat Hall, Andover
Friday: 09.00-10.30	The Gilliat Hall, Andover

SUITABLE FOR BEGINNER TO INTERMEDIATE
ALSO AVAILABLE ONLINE