



STRETCH YOUR BODY  
STRETCH YOUR LIFE  
with Katherine Allen

Monday evening 7-8.30pm  
Tuesday evening 7.30-9pm

**YOGA CLASSES**

**2011/2012** (no classes Jul&Aug)

**at The Friends Meeting House**

1a Grosvenor Park, Tunbridge Wells, Kent TN1 2BB

5 minutes walk from Royal Victoria Place Shopping Centre  
2 minutes walk from Meadow Road Car Park (free parking)

Classical style, mixed ability.  
Bring a yoga mat and a small blanket.

**email: [katnom@btinternet.com](mailto:katnom@btinternet.com) tel:01892 523417**



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