

YOGA CLASSES 11/12 - TUNBRIDGE WELLS

Katherine Allen

www.katherineallen-taiji.com

Classes are mixed ability and beginners are always welcome.

The yoga style is Classical Yoga.

What to bring? Only a yoga mat is essential, but if you like to bring other things such as a small blanket or cushion, yoga blocks, a yoga belt, etc., please do so.

MONDAYS 7 - 8.30pm

The Friends Meeting House, 1a Grosvenor Park, Tunbridge Wells
(free parking at Meadow Road car park)

TUESDAYS 7.30 – 9pm

The Friends Meeting House, 1a Grosvenor Park, Tunbridge Wells
(free parking at Meadow Road car park)

WEDNESDAYS 9 – 10am

Willicombe House, Willicombe Park, off Sandhurst Road, Tunbridge Wells
(free parking at Willicombe House)

1-to-1, 1-to-2, 1-to-3

Times and content by arrangement.

OCCASIONAL WORKSHOPS throughout the year

*For further details about any of the above classes,
contact Katherine*

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