

## **YOGA CLASSES in TUNBRIDGE WELLS 09/10**

All classes are mixed ability and beginners are always welcome.

The yoga style is Classical Yoga.

Bring a yoga mat. You may also find a small blanket useful.

### **EVENING YOGA – Mondays 7-8.30pm**

at Adult Ed – this class is called Mind and Body Balance and includes a small amount of qigong - enrol direct with Adult Ed tel. 0845 606 5606 or online at [www.kent.gov.uk/adulted](http://www.kent.gov.uk/adulted) or at the Adult Ed Centre on Monson Road.

### **EVENING YOGA – Tuesdays 7.30 – 9pm**

at The Friends Meeting House, 1a Grosvenor Park, Tunbridge Wells (free parking at Meadow Road car park) - enrol by sending an email to Katherine.

### **MORNING YOGA – Wednesdays 9 – 10am**

at Willicombe Park Centre, Sandhurst Road, Tunbridge Wells (parking is available at the Centre) £5 per class payable to reception.

### **LUNCHTIME YOGA – Thursdays 12.15 – 1.15pm**

at Adult Ed – this class is called Yoga for All - enrol direct with Adult Ed tel. 0845 606 5606 or online at [www.kent.gov.uk/adulted](http://www.kent.gov.uk/adulted) or at the Adult Ed Centre on Monson Road.

**ONE-TO-ONE** - times to suit £30 per one hour class

**Email** Katherine with any questions.

