



BRITISH WHEEL OF YOGA  
**TEACHER**

**Monday Morning YOGA**  
**9.30am to 10.45am**  
**Earl Stonham Village Hall**

Yoga for mind, body and spirit

Experience a unique form of exercise that tones your body, increases flexibility and lifts your spirit. A great way to de-stress, be positive and feel your best. No experience necessary, all abilities catered for - come and see what yoga can do for you.

To book a place or find out more call Amanda  
on 711674 or email her at  
[atwearing@yahoo.co.uk](mailto:atwearing@yahoo.co.uk)