## ARE YOU INTERESTED IN LEARNING YOGA? OR ARE YOU ALREADY A FAN, AND LOOKING FOR A PLACE AND FUN PEOPLE TO DO IT WITH?



WE WOULD LIKE TO START A GROUP ON MONDAYS @ 9AM AND THURSDAYS AT 10:00 AM, WHEN IT IS either TOO CHILLY TO DO WATER AEROBICS, or AS AN ALTERNATIVE.

THERE IS NO COST, AS WE ARE USING A TAPE. SIMPLY COME COMFORTABLY DRESSED IN LOOSE CLOTHING, WITH A MAT, OR YOU CAN USE A CHAIR IF YOU PREFER, AND BRING SOMETHING FOR RESISTANCE (EVEN A BELT OR ROBE TIE WILL DO). BEGINNERS WELCOME.

WHILE ALL YOU HAVE TO DO IS SHOW UP IF YOU ARE INTERESTED, PLEASE SIGN BELOW SO WE CAN E-MAIL OR TELEPHONE IF THERE ARE ANY CHANGES. YOGA BEGINS NEXT MONDAY, JANUARY 22, 2018 AT 9AM.

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