



NATURALLY YOGA

WITH SAM



14th August

The Main Hall, Bramley Village Hall, The Street,
Bramley, Tadley RG26 5BP

FOUNDATIONS CLASS 7PM - 8PM

DEVELOPERS & CONTINUERS 8.15PM - 9.15PM

21st August

The Main Hall, Bramley Village Hall, The Street,
Bramley, Tadley RG26 5BP

FOUNDATIONS CLASS 7PM - 8PM

DEVELOPERS & CONTINUERS 8.15PM - 9.15PM

YOGA FOR EVERYONE!

Whether you are looking for a new yoga class, or you are a complete beginner please come and join me for a new class in Bramley Village hall.

Classes start officially in September on a Tuesday night, however I will be running some introductory classes in August for an introductory rate of just **£5** - so come and give it a try for yourself!

- * Improve your flexibility & balance
- * Build Strength
- * Improve your posture
- * Boost immunity and drop your blood pressure
- * Relieve stress & aids relaxation
- * Boost your mood & increase self-esteem

Go to naturallyyoga.co.uk for more information or email me sam@naturalnook.co.uk