

Yoga

This recently-established club will help to bring peace and calmness to your everyday life, as well as improving your flexibility, balance and strength.

It meets on **Mondays** in the Paddlesworth Rooms **between 7.15 and 8.15 pm.**

Aimed at beginners to intermediates, it costs £7 per session and is suitable for all ages and abilities.

For further details, why not get in contact by ringing **07802 396696** or by e-mailing **project@rich-lee.co.uk**

