

Iyengar Yoga Classes

at **Milborne St Andrew First School**

on **Tuesday evenings: 6.15-7.45 pm**

for beginners & mixed abilities

Also at **Tolpuddle Village Hall**

on Wednesdays

11.00-12.30 pm

for beginners/stiffer/mature students

4.00 – 5.30 pm

for beginners/mixed abilities

7.00 – 8.30 pm

for mixed abilities/intermediate students

For further details contact Sue Chapman on (01305) 848053 or 0787 734 9793.

Certified Iyengar Yoga teacher since 1989. Junior Intermediate Level 3

Classes have been held in the hall at Milborne First School since it opened and at Tolpuddle Village Hall since May 2000 and are friendly and welcoming.

If you would like to join us, please call Sue for further information.

See also www.dhiy.co.uk or www.iyengaryoga.org.uk