

## Yoga for All

Our group continues to meet each Monday (except Bank Holidays) from 7.45 to 9.15pm in the main hall of Henley Community centre. We practice Hatha yoga - the root of all yoga and many modern exercises. Our class is suitable for all levels and abilities and newcomers are always welcome. If you would like more information please call Lavinia on 01473 690762 or Jemma on 01473 832646.