

Yoga with Simon

www.yogawithsimon.co.uk

Details of weekly public yoga classes:

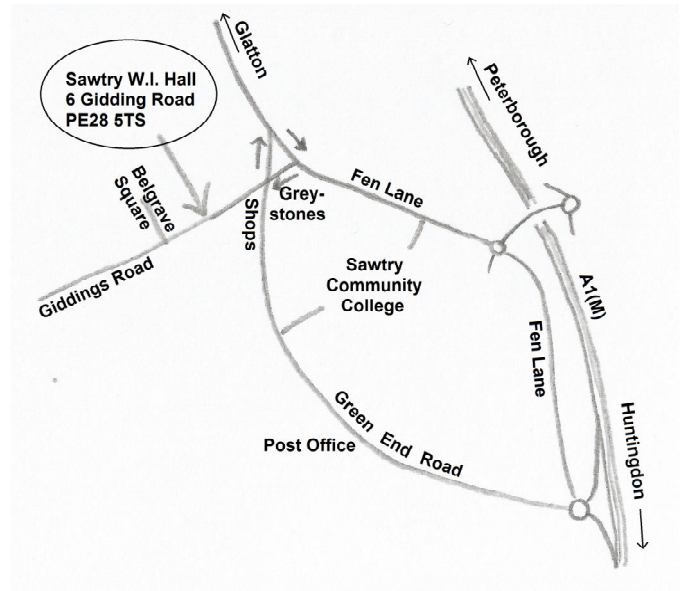
Yoga at Sawtry Women's Institute Hall 6 Gidding Road, Sawtry. PE28 5TS

Mondays 7:30-8:45pm
(except Bank Holidays)

drop in yoga class, no booking required.
just pay £7 on entry
or book 6 classes for the price of 5.

From A1(M) take the Sawtry turning (J15), follow Fen Lane, then at the one way system follow the road into Gidding Road. Greystones pub and a row of shops are on the left, the WI Hall is just after on the right.

Parking is on the road outside or the car park on Belgrave Square behind the Ex-Service & Working Men's Club.



Yoga at Austin Hall, Yaxley Amenity Centre 48 Main Street, Yaxley. PE7 3LU

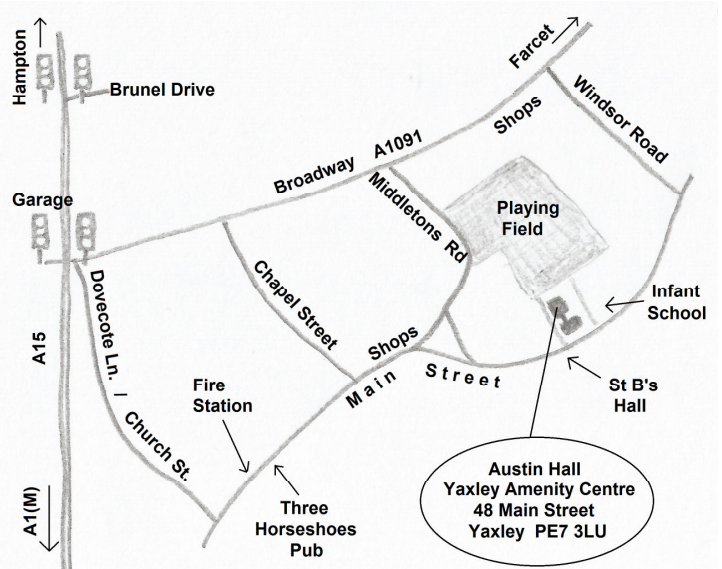
Tuesdays 6-7pm

drop in yoga class, no booking required.
just pay £6 on entry

From Hampton / A1 take the A15 to Yaxley. At the crossroads with traffic lights by the garage turn on to Broadway and immediately turn right onto Dovecote Lane. Follow the road to the end and turn left onto Main Street. The Hall is on the left after half a mile, just after St B's Hall on the right.

From Farcet turn left onto Windsor Road at a mini roundabout. At the end of the road turn right into Main Street. The Hall is next to the Infant School on the right.

The Austin Hall is the modern building with a large car park behind the old Victorian schoolhouse.



These classes are suitable for all fitness levels

Please wear loose fitting clothing including a warm layer and bring a drink of water

Please aim to arrive 10 minutes early for your first class if possible