

THURSDAYS

YOGA FOR WOMEN 10 WEEK COURSE (ALL LEVELS)

NEXT COURSE STARTS ON 21st SEPTEMBER 2017

When: 10 – 11.30am

Where: Shadwell Centre, 455 The Highway, London E1W 3HP.

Cost: £56 / £19 concs.

More info: Course code: A2118. Visit your local Idea Store or call 020 7364 5665 to enrol.
More info: www.ideastore.co.uk/learning.

RESTORE YOUR CORE (RYC™) NEW! STARTS ON 21st SEPTEMBER 2017

When: 6 – 7pm

Where: Tarling East Community Centre, 63 Martha St, London E1 2PA.

Cost: First class free. Then just £5 per class.

More info: For all women wanting to improve/maintain their core and pelvic floor health.
More info: www.coyoga.org.uk /info@coyoga.org.uk

SATURDAYS

YOGA (DROP-IN, ALL LEVELS)

When: 9 – 10am

Where: Ropemakers Field, Narrow Street, London, E14 8BP.

Cost: Free

More info: Our Parks run movement and fitness classes in local parks. Find out more and book at www.ourparks.org.uk. (NB: Most yoga classes move indoors for winter!)

YOGA (DROP-IN, ALL LEVELS)

When: 12 – 1pm

Where: Victoria Park, Grove Road, London E3 5TB.

Cost: £4.99 per month (this also enables you to access other 'premium classes' too)

More info: Our Parks run movement and fitness classes in local parks. Find out more and book at www.ourparks.org.uk. (NB: Most yoga classes move indoors for winter!)