

SUMMER YOGA CLASSES



at Highfield House Yoga studio , Summer Hill, Harbledown, Canterbury CT2 8NH Booking is recommended as classes may get full.

All 90 min classes cost £10.00. Contact individual teachers for booking.

Times	Monday	Tuesday	Wednesday	Thursday	Friday
10.00 – 11.30	SJ 29 th July 12 th Aug		JP 24 th and 31 st July		IC.9 th , 23 rd , 30 th Aug 10.00 – 11.15 . Classes £8.00
12.00 -1.00 Chair yoga	29 th July 12 th Aug				
6.30-8.00 pm	ConsciousCafe discussion finishes at 9.00 Mastery of Luck 12 th Aug To book go to http://www.consciouscafe.org/canterburygroup/			JF 1 st and 22 nd Aug CKC 8 th and 15 th Aug Book all 4 in advance for £32.00	
7.00-8.30 pm			SS 14 th Aug		

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