



Laidback Yoga

**Relaxed, enjoyable classes to strengthen body and soul
Practise at your own pace with expert guidance**

**Baydon St. Nicholas School Hall, Baydon
Wednesday @ 8pm—9pm**

All Levels Welcome

Children's classes & 1:1 tuition available

**To book your place now
Please contact Harriet on: 07767 895986
or email: Knowles.baydon@btinternet.com**

***terms and conditions apply**

Member of The British Wheel of Yoga