



# 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](mailto:Knowles.baydon@btinternet.com)**

**\*terms and conditions apply**

Member of The British Wheel of Yoga