

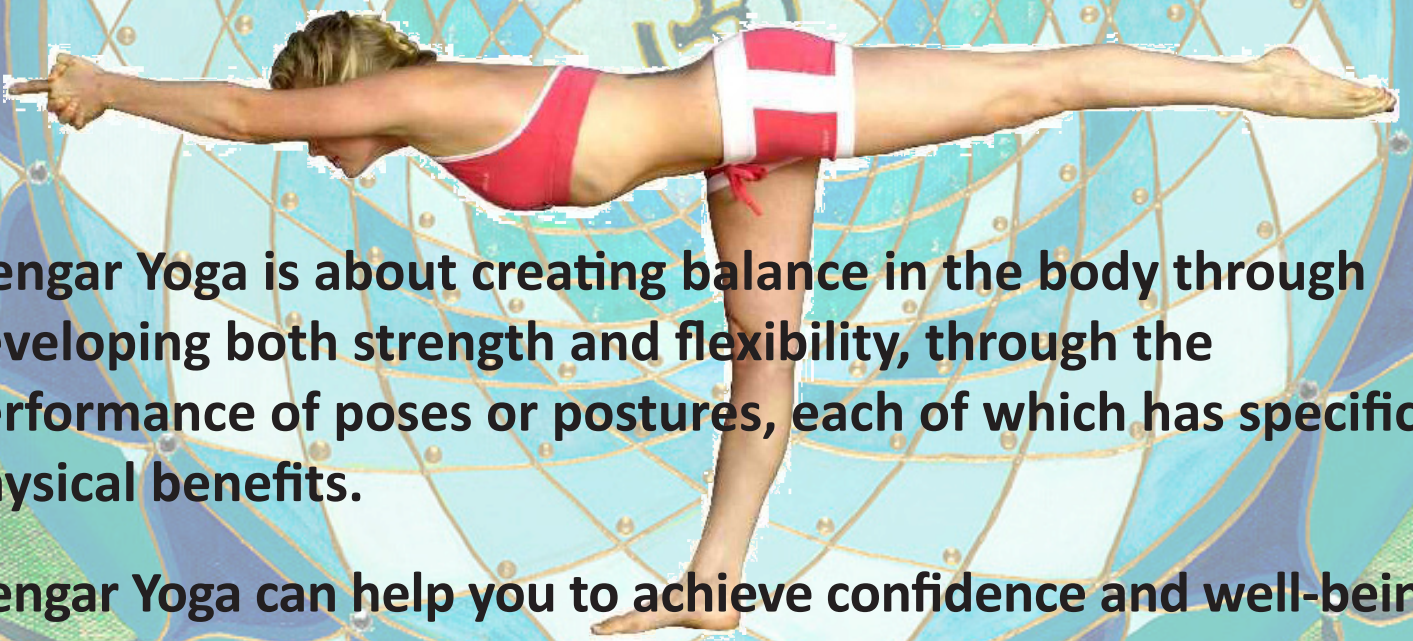
Iyengar Yoga

Mondays

11.15-12.45pm

Cam Memorial Hall

With Elaine Martin



Iyengar Yoga is about creating balance in the body through developing both strength and flexibility, through the performance of poses or postures, each of which has specific physical benefits.

Iyengar Yoga can help you to achieve confidence and well-being. No special experience is necessary, and everyone is welcome.

Classes £7 / £8 Just come along all equipment provided

**For further information
contact Elaine on 07789 012571
or www.worldjungle.org.uk**

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