



**Cam Memorial Hall, Wednesdays 7.30-8.30pm
Dursley Library, Thursdays 10-11am**

***Strengthen & tone the body, de-stress & help
clear the mind, restore overall
balance & wellbeing to both mind & body.***

Please bring a mat (mats are provided if you dont have one).
£30 for 6 week term time bookings or £6.50 drop in.
All levels are welcome.

We usually have spaces but please check

***www.worldjungle.org.uk, 07889 512644
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