



## DRU YOGA CLASSES

Dru Yoga combines traditional yoga postures, breathing techniques and relaxation, with mindful, flowing movements similar to tai chi. It is both gentle and powerful. Suitable for all abilities, fitness levels & ages. Dru enhances your wellbeing at every level. £8 per session.

Thursdays 10-11.30am  
St Mark's Church Hall  
250 New Rd  
WEST PARLEY  
FERNDOWN  
BH22 8EW

Fridays 10-11.30am  
Reef Community Centre  
Colehill Lane  
COLEHILL  
WIMBORNE  
BH21 7AB

Sarah: 01202 884248

Prema :07701 067 553

[www.druyogadorset.weebly.com](http://www.druyogadorset.weebly.com)

