

ZENSPACE YOGA & MEDITATION CLASSES

www.zenspaceyoga.co.uk

Monday YOGA - 7.00pm to 8.15pm
NIDRA MEDITATION 8.25pm to 9.00pm
At The Reef, Colehill. BH21 7AN

Tuesday YOGA - 12.15pm to 1.15pm
At The Reef, Colehill. BH21 7AN

Wednesday YOGA - 9.30am to 10.30am
NIDRA MEDITATION 10.45am - 11.30am
At The Reef, Colehill. BH21 7AN

Wednesday YOGA - 6.00pm - 7.00pm
Hamworthy Club, Magna Rd, Canford Magna BH213AP

Thursday YOGA 12.15pm to 1.15pm
East Dorset Sports and Social Club, Grange Rd
Christchurch BH23 4JE

Beginners welcome.

Contact Jane Morgan Jones
on **07780 901963**

for details and to book your place.
janemorganjones@yahoo.co.uk

*Practice in Zen yoga works with your body, mind
and energy to create greater wellbeing,
vitality and awareness and a deep sense of
your connection with all things.*

Registered Yoga Alliance Teacher



<http://www.yogaaclassesnearyou.co.uk>

