



**BERSTED GREEN
LEARNING CENTRE**

Hazel Road, North Bersted PO22 9DZ



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YOGA

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4 Yoga Workshops

25th May,

1st, 8th & 15th June

2p.m. - 3.15 p.m.

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Yoga helps with **breathing**
and
relaxation.

It helps to improve **body tone,**
flexibility and **suppleness.**

For all **ages** and **abilities,**

INTRODUCTORY PRICE

ONLY £1.50 per session

contact: Eileen Rogers

07824 696603



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