



**STARTING 3<sup>RD</sup>  
OCTOBER 2018  
WEDNESDAY  
YOGA AT  
COM.UNITY**

**Join us to de-stress, move and breathe**

We are bringing yoga to Com.Unity ! Sessions will take place in the large room for a maximum of 12 people, on Wednesday afternoons 2-2:45pm.

The first 2 sessions will be **FREE** Future sessions will be chargeable at £2 and must be pre-booked in advance.

Suitable for all – no experience necessary.



**Yoga with Maria**

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**Join us to de-stress in the middle of your week**

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**Places limited to 12 per session**

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**Contact Paula or to book your place 0114 2485093**

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**Wednesdays  
2pm - 2:45pm**

**WHAT TO BRING / WEAR:**

- Yoga mat (if you have one)
- Blanket/socks for relaxation
- Cushion for sitting if needed
- Comfortable clothing
- Water bottle



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