



YOGA

Stretch & de-stress St. Alban's High School

Wednesday evenings

7.30 - 8.45pm

British Wheel of Yoga trained & experienced teacher

Please contact Caroline Glason (BA Hons, BWY dip)

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www.still-yoga.co.uk

1 to 1 Yoga; Classes around Ipswich including Ipswich Hospital, Tower Hall Rushmere St Andrew,
Castle Hill Community Centre, Westerfield VH