



# YOGA AT THE H-POD



Stretch and relax your body and mind  
at yoga classes

Who For adults, beginners, regular practitioners

When Mondays except Bank Holidays

Time 12.30-1.30 pm or **1.45- 2.45 pm, new class**

Where H-Pod, Cumberland Market, NW1 3RH

Date from Monday 14<sup>th</sup> May 2018



Just come along or for more information  
contact Ann Wolfe

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Donations welcome!

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