

NurtureYou

yoga • life coaching • wellness



Yoga in Twyford & Compton

Stretch, Strengthen, Relax, Renew

- ❖ **Friday, 2.15-3.15pm**, Parish Hall, Twyford, SO21 1QY
- ❖ **Friday, 4.30-5.30pm** Reeves Scout Hall, **Compton**, SO21 2AZ
- ❖ A gentle, relaxing class; everyone welcome.
- ❖ All the kit to get you started.
- ❖ £10 cash drop-in; £9 per class for a block of five.
- ❖ Please contact Jocelyn for further details nurtureyouyoga@gmail.com or **01962 422705**.

Jocelyn Jones is an IYN registered yoga teacher.

