

**TPS HALL**



**HATHA  
YOGA**

**FEBRUARY  
DATES**

**MON 4, THURS 11, 21  
& 28 7PM**

**BENEFITS INCLUDE:**

- REDUCED BACK PAIN
- BETTER SLEEP
- RELAXATION TECHNIQUES
- POSITIVE THINKING
- IMPROVED DIGESTION, POSTURE  
& FLEXIBILITY
- GREATER CONCENTRATION  
TONE & STRENGTH

£5.00 MEMBERS £8.00 NON  
TO BOOK A PLACE PLEASE CALL EITHER:-  
ANDY HALL 01823 349207  
OR ALISON 078286 25897