



Gentle yoga classes suitable for beginners

At Lancing Parish Hall
on Friday mornings
9.15am to 10.30am

You just need to bring a yoga mat

Please contact Su to book a place or for more information:

Email: hello@adurvalleyyoga.co.uk

Mobile: 07743 855837

My website has more information about the classes
and an FAQs section: www.adurvalleyyoga.co.uk

Introductory price £5 per class (usual price £8) until end
of October 2019



Su is a student yoga teacher studying with the British Wheel of Yoga. She is fully insured through the British Wheel of Yoga and trained in emergency first aid.

