



YOGA CLASSES

Yoga is for everyone. It is the perfect way to balance your body, and can give you skills to transform your life. Classes are gentle, and will develop depending on who is attending.

Lancing Parish Hall

Mondays 10 – 11am

Thursdays 10.15 -11.15am

Please contact me for further information.

Carol – telephone 07508 094100 or
email - carolanne.taylor007@gmail.com