 

A 6 week introduction to **yoga** – for patients

We have teamed up with a local yoga instructor to help introduce patients to yoga in a special 6 week reduced price course.

Dru Yoga is a very therapeutic style of yoga and in every class we pay attention to our posture and take care of our back and joints, as well as calming the mind.

6 week course, starting November 6th (other dates to be arranged).

* **Wednesdays 11.45am – 12.45pm at Acanthus Golf Centre**, Thorpe Lane, Thorpe WF3 1SL

Total Price for the 6 weeks is £18, payable at first class (cash or cheques only please), plus the referral form/voucher stamped by your GP practice.

*Places are limited so booking is essential.*

Please let us know if this particular class doesn’t work for you, as we will be changing dates and times of each course we run. If you would like any further information or to book your place, please get in touch once you have a form signed by the staff at the GP Practice.

Subject to availability, interested new starters may prefer to attend one of the existing yoga groups if they wish and use the GP referral to gain a discount. Here are the details of classes, along with the normal price:

* Tuesday 1.15 - 2.45pm The Dancing House, Moor Lane, Gomersal BD19 4LF

10 week term £60 (you only pay for the classes you can attend)

* Wednesday 10 - 11.30am Acanthus Golf Centre, Thorpe Lane, Thorpe WF3 1SL

10 week term £60 (you only pay for the classes you can attend)

* Wednesday 1.15 - 2.45pm  Acanthus Golf Centre, Thorpe Lane, Thorpe WF3 1SL

10 week term £60 (you only pay for the classes you can attend)

* Wednesday 7.30 – 9pm Acanthus Golf Centre, Thorpe Lane, Thorpe WF3 1SL

10 week term £65 (you only pay for the classes you can attend)

* Thursday 1.15 - 2.45pm Liversedge Parish Centre, Halifax Road, Liversedge WF15 6PS

10 week term £60 (you only pay for the classes you can attend)

* Thursday 6.30 - 8pm Acanthus Golf Centre, Thorpe Lane, Thorpe WF3 1SL

10 week term £65 (you only pay for the classes you can attend)

**Pre and Post Natal.**

These sessions are at an introductory price of 5 sessions for £40.

If you have any queries please do not hesitate to contact Isobel.

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**W www.yogainsideout.co.uk**