



NEW YOGA CLASS

In the lovely NEW school hall at

**Chidham Parochial Primary
School**

Thursday Evenings

7.00 -9.00pm

with

Kathryn Bingham

Feel refreshed and revitalised by the practise of yoga, suitable for all ages and abilities. Enjoy the release of tension and enhanced feeling of well-being. Kathryn has been teaching for 20 years and is fully qualified holding both Fryog and Iyengar teaching qualifications

***For more details of these and other classes
Kathryn runs locally, phone 023 92 454657***

**New term starts 28th September. Prior booking through
Bourne Adult Education essential (01243 379276)**