

  
just yoga  
WORTHING YOGA CENTRE

tel. 01903 820888 . www.justyoga.co.uk

# Introductory Course

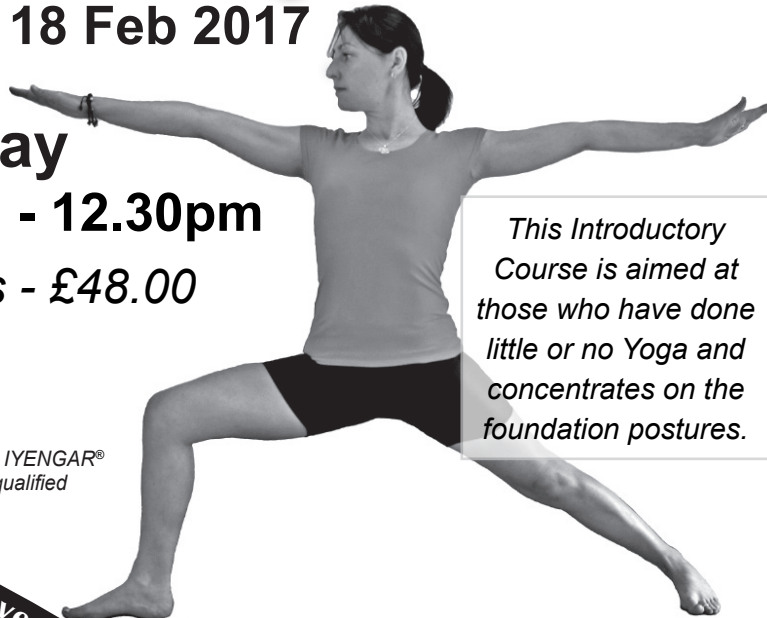
14 Jan - 18 Feb 2017

Saturday

11.30am - 12.30pm

6 Classes - £48.00

with Mel



*This Introductory Course is aimed at those who have done little or no Yoga and concentrates on the foundation postures.*



Mel is IYENGAR®  
yoga qualified

*"people improve through yoga - whatever their age, shape or fitness"*

  
**Booking Form**

I enclose my payment to reserve my space  Please tick

Send to: just yoga 22 Marine Place  
Worthing West Sussex BN11 3DN

For further information:  
**01903 820888**  
**www.justyoga.co.uk**



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NAME .....

E-MAIL .....

ADDRESS .....

Postcode..... TEL NO .....

We are unable to reserve a space until payment is received

