



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

Nathalie Blondel

Friday Class 6.15 - 8.15pm

Nathalie is an Intermediate Senior Iyengar Yoga teacher. These classes are focussed towards progressing students, trainee teachers and teachers, with a regular practise of Iyengar yoga. They will explore the more subtle points and links of the introductory postures working deeper and building towards the more senior.

Block 1 13, 27 Jan, 3, 10, 17, 24 Feb

Block 2 3, 10, 24, 31 March, 7 April,
14 April at 10am (Good Friday)

Just Yoga Members - £72.00 to book all six (£15 individual)

Non Members - £78.00 to book all six (£16 individual)



Nathalie is
IYENGAR®
yoga qualified



For further information:

01903 820888 www.justyoga.co.uk



Booking Form

I enclose my payment to reserve my space for Friday night classes

Block 1 Block 2 Amount enclosed £.....

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

NAME

E-MAIL

ADDRESS

