



Just Yoga

WORTHING IYENGAR YOGA CENTRE



IYENGAR® yoga certified

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Centenary Workshop 2018

With Helen Ayling

Friday 14th December, 6.30pm - 8.30pm

A very special class taught affectionately by Helen to celebrate Guruji's 100th birthday.

Christmas Workshop 2018

With Melanie Palmer

Sunday 23rd December 10.00am - 12 noon

Clear your head and open your heart for Christmas!

Each event - Members £18.00, Non members £20.00



Booking Form I enclose my payment to reserve my space for the following course

Centenary Workshop Friday 6.30pm 14/12/18 Please tick

Christmas Workshop Sunday 10.00am 23/12/18 Please tick

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

NAME

E-MAIL

ADDRESS

Postcode TEL NO

We are unable to reserve a space until payment is received