

I Y E N G A R

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# YOGA

for absolute beginners

**THE WHEATSHEAF**  
Old Bath Road, Cheltenham

Newcomers:  
£40 for  
4 Classes

**MONDAY & THURSDAY**  
18.00 to 19.00  
19.30 to 20.30

in the Function Room at  
The Wheatsheaf Pub  
283 Old Bath Road  
Cheltenham  
GL53 9AJ



Yoga mats and blocks are provided for each class

For further details contact

Find us on 

**John Ferrabee**

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[www.yogaclassescheltenham.co.uk](http://www.yogaclassescheltenham.co.uk)

# Timetable

TIME   DAY	LEVEL	FEE	LOCATION
<b>MONDAY</b>			
09.30 to 11.00	General	£15	Studio
18:00 to 19.00	Beginners	£10	Wheatsheaf
19.30 to 20.30	Beginners	£10	Wheatsheaf
<b>TUESDAY</b>			
09.30 to 11.00	General	£15	Studio
19.00 to 20.30	General	£15	Studio
<b>WEDNESDAY</b>			
09.30 to 11.30	General	£20	Studio
18.00 to 19.30	Beginners	£15	Studio
<b>THURSDAY</b>			
18.00 to 19.00	Beginners	£10	Wheatsheaf
19.30 to 20.30	Beginners	£10	Wheatsheaf
<b>SATURDAY</b>	Please see website		Studio

Please see website for any upto date classes and bulletins

## Physical Benefits

- Ease back pain
- Correct balance
- Better posture
- Strengthen the spine
- Improve flexibility
- Help build muscle tissue
- Increases stamina

## Medical Benefits

- Boost immune responses
- Improve heart conditions
- Decrease cholesterol
- Reduce blood sugar level
- Encourage weight loss
- Help breathing ailments

## Mental Benefits

- Relieves stress
- Calm the mind



9 Suffolk Square,  
Cheltenham, GL50 2DR

Available for  
Personal Instruction  
Small Groups and  
Individual Tailored Programs



Certified by the  
Iyengar Yoga Association of the U.K.