

# YOGA CLASSES CHELTENHAM

## SATURDAY MORNING WORKSHOPS FOR BEGINNERS

**09:30 to 11:00**

19th September  
17th October  
21st November  
12th December

**£12**  
per class

All mats and equipment is supplied

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



For further details contact

**John Ferrabee**

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**Website: [yogaclassescheltenham.co.uk](http://yogaclassescheltenham.co.uk)**

Regular Weekly Class

# TIMETABLE

## TIME / DAY

## FEE

## LOCATION

### MONDAY

09.30 to 11.00

£12

Studio

18:00 to 19.00

£4.50

Wheatsheaf

19.30 to 20.30

£4.50

Wheatsheaf

### TUESDAY

09.30 to 11.00

£12

Studio

19.00 to 20.30

£12

Studio

### WEDNESDAY

09.30 to 10.30

£7

Studio

11.00 to 12.00

£7

Studio

18.00 to 19.30

£12

Studio

### THURSDAY

18.00 to 19.00

£4.50

Wheatsheaf

19.30 to 20.30

£4.50

Wheatsheaf

### SATURDAY

14.00 to 16.00

£20

Studio

(Book in Advance)

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



### Located at:

9 Suffolk Square  
Cheltenham  
Gloucestershire  
GL50 2DR

### Available for

Personal Instruction  
Small Groups and  
Individual Tailored Programs



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