

Tilly's Dance & Yoga Factory AUTUMN TERM 2018

MONDAY AFTER-SCHOOL YOGA CLUB

@ CUNNINGHAM JUNIOR SCHOOL

Years 3,4,5 & 6 - Boys and Girls Welcome

13 weeks @ £74.75

(10% sibling discount available)

COME & JOIN ME FOR SOME FUN & RELAXATION

Sun Salutations, YOGA acro, exercising and relaxing our bodies & minds, YOGA games, fun YOGA poses, ToeGA, YOGA-OGRAPHY & learn how to relax and fire breath!

10th, 17th, 24th,
Sep
1st, 8th, 15th, 22nd,
Oct
5th, 12th 19th, 26th,
Nov
3rd, 10th Dec

3.20-4.20pm



Namaste.



SIGN UP VIA: www.tillysdancefactory.co.uk



Call Tilly: 07792265256