

# Yoga With Poppy

New to the Village for everyone! Come and join my **Hatha Yoga Classes** at **Walford Village Hall, HR9 5QS**

Hi, I am a Qualified Hatha Yoga Teacher as well as Pre/Post Natal Yoga with more than 300 hours of Yoga practice over the years. My style of teaching is gentle and fun. I believe Yoga should be fun and enjoyable for all and at the same time benefitting everyone.



## **WHY YOGA?**

***It helps you feel better about yourself.***

*As simple as that, its why so many people benefit from Yoga.*

***Yoga makes your body strong, supple and healthy.***

*Most people feels good, stretched and energized after their first practice.*

***Yoga helps you stay focused and increase your mindfulness.***

**Hatha Yoga Suitable for everyone.**

[www.yogawithpoppy.com](http://www.yogawithpoppy.com)

Classes/sessions

every Mon, Wed, Fri, Sat Starting:

**Mon 17<sup>th</sup> May 7pm-8pm**

**Wed, 19<sup>th</sup> May 9.30-10.30am**

**Fri, 21<sup>st</sup> May 9.30-10.30am**

**Sat, 22<sup>nd</sup> May, 9-30-10.30am**

**And again 10.30 – 11.30am**

## **Never Done Yoga before?**

*Not too worry, pick a suitable class (All Beginners classes) come in with an open mind, you will feel different, better, more relaxed, and happier!!*

*Book your slots soon! Advance booking is advisable.*

*£8/hour session Monthly payment*

*£9.50/hour session (Drop-ins)*

**Contact: Poppy. 07538 868 093**