



# Yoga at Hawkwood

with Ruth White

Saturday 23<sup>rd</sup> September 2023

You don't have to be good to come. All abilities are welcome and catered for as a chair yoga class runs simultaneously.



Painswick Old Road, Stroud, GL6 7QW

## **Saturday Day 10.15am – 4.15pm**

£95

Classes, talks, breathing & mindfulness  
Includes meals

## **Saturday Evening 5 – 8.30pm**

£60

Class, supper, and talk – 'The Power of Yoga'

Please contact us on **07587 140032** / [www.yogawithruthwhite.com](http://www.yogawithruthwhite.com)

To book email Hawkwood at [info@hawkwoodcollege.co.uk](mailto:info@hawkwoodcollege.co.uk)  
or book on-line at [www.hawkwoodcollege.co.uk](http://www.hawkwoodcollege.co.uk)

