



Yoga at Hawkwood

with Ruth White

Saturday evening 28th and
Sunday 29th September 2024

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

Sunday Day 9.45am – 4.15pm

£105

Classes, talks, breathing & mindfulness
Includes meals

Saturday Evening 5 – 8.30pm

£65

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

Please contact us on **07587 140032** / www.yogawithruthwhite.com

To book email Hawkwood at info@hawkwoodcollege.co.uk
or book on-line at www.hawkwoodcollege.co.uk

