



begin with
YOGA

It is never too late to start Yoga!
New classes at Boxgrove Village Hall
every Wednesday evening
6 to 7.15pm

Breathing, balance, strength and stretch
All levels, all ages are welcome
To book please call 01243 276055
mobile 07468 534308
or email christine.clint@sky.com



Christine Clint
British School of Yoga
An ODLQC and OCN accredited qualification
Over 30 years yoga experience.