

YOGA CLASSES 13/14 TUNBRIDGE WELLS

Katherine Allen

**Email: katnom@btinternet.com Tel: 01892 523417
www.katherineallen-taiji.com**

Classes are mixed ability and beginners are always welcome.

*The yoga style is **Classical Yoga**. Classes include relaxation, pranayama, asanas, philosophy, mental focus training, meditation, any requested topic relating to yoga. The classes can be as easy or as challenging as you require.*

Please bring a non-slip yoga mat, and any other item you feel that you need, eg. small blanket, cushion, yoga blocks, yoga belt, etc.

TUESDAYS 7.30 – 9pm

The Friends Meeting House, 1a Grosvenor Park, Tunbridge Wells
(free parking at Meadow Road car park)

WEDNESDAYS 9 – 10am

Willicombe House, Willicombe Park, off Sandhurst Road, Tunbridge Wells
(free parking at Willicombe House)

ONE-to-ONE, SMALL GROUPS, CORPORATE

Times to suit

OCCASIONAL WORKSHOPS throughout the year

***For further details about any of the above,
please contact Katherine (email preferred)***