

YOGA CLASSES 2015-16

TUNBRIDGE WELLS

Katherine Allen

Classical Yoga teacher

Email: katnom@btinternet.com Tel: 01892 523417

www.katherineallen-taiji.com

Classes are all levels. Beginners are always welcome.

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. Everyone is treated as an individual.

Please bring a non-slip yoga mat. Props are optional. A small blanket is very useful.

TUESDAYS 7.30 – 9pm

Willicombe House, Willicombe Park, off Sandhurst Road, Tunbridge Wells TN2 3UU (free parking)

WEDNESDAYS 9.15 – 10.15am

Willicombe House, Willicombe Park, off Sandhurst Road, Tunbridge Wells TN2 3UU (free parking)

ONE-to-ONE, SMALL GROUPS, CORPORATE

Times to suit

***For further details about any of the above, please contact
Katherine: katnom@btinternet.com***