



Yoga-coach.co.uk

2nd Saturday Yoga Sessions

with **Jeremy Smallwood**

from 10.00-13.00 on the second Saturday of the month.

Dates:

14th November 2009

9th January 2010

13th March 2010

at

Friends Meeting House

Ordnance Rd, Southampton

(We'll take a coffee break around 11.30 - tea/coffee provided)

Please book in advance so I know who is coming! Places are limited to 14 people maximum.

Email: jeremy@yoga-coach.co.uk

Phone: 023 8090 0851

To: Jeremy Smallwood

13 Redhill Crescent, Bassett, Southampton, SO16 7BQ

Please reserve me the following places for the Morning of Yoga @ £14.00 each

Date	14 th Nov 09	9 th Jan 2010	13 th Mar 2010		
Qty.					

Name(s): _____

Phone: _____

Email: _____



How to find us

