

# YOGA...?

# GIVE IT A GO!

*with Kat on the mat*



**Thursday 7:00 - 8:30 pm**  
**Soper Hall, Harestone Valley Road**  
**Caterham CR3 6HY**



**First class FREE**  
£8 drop in price  
£40 block of 6 classes

Yoga Postures to **Stretch**  
& **Strengthen** Breathing  
**Exercises to Recharge**  
& **Restore Balance**  
**Relaxation** Meditation  
All Welcome



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**YOGA**  
*with Kat on the mat*