



YOGA



NEW CLASS in Blagdon at Yeofit (Yeo Valley)

From September 10

TUESDAY 9.30am to 10.30am

Pay as you go (no booking) - £9 per class;

Block booking - £7 per class, term period varies*

Address: Yeofit Studio, Yeo Valley HQ Canteen, Rhodyate, Blagdon,
Bristol BS40 7YE (parking available and Yeo Valley restaurant on site)

* For class dates see Gary's website (address below)

Join the class any week – even if term has started you are welcome
ALL levels of yoga experience welcome including beginners
Yoga mats provided or bring your own

Gary Osborn-Clarke has practised yoga for more than 24 years
and he has been teaching yoga since 2002.

His teaching is based on the flowing style of Ashtanga
Vinyasa, the anatomical detail of Iyengar's method,
the mindfulness of Buddhist meditation, and
traditional pranayama (breathing exercises).

Learn how to practice yoga or improve your practice.
Want to know more? Read Gary's Testimonials and Blogs.

Questions? Contact Gary

For more details go to: www.yogabristol.co.uk

Contact email: gary@yogabristol.co.uk or call 0789 903 4645

