



# Zoë Stone Yoga

*Time to make your soul happy*

A large, empty rectangular area with rounded corners, intended for a yoga class schedule or notes.



A monthly treat of 'Yoga for Wellbeing' held at Dyers Barn on the Chawton House Estate.

Book now - Friday 21 January 930-1030am

After such a beautiful response to 'Yoga for Wellbeing' in October, join me for a monthly Hatha Yoga practice in this gorgeous historical barn. Take shelter here while feeling part of nature and the tumbling landscape at Chawton House.

Bring your mat and wear warm loose layers, maybe a pillow for your relaxation to close the practice.

Free parking.

I hope to see you there xx

For bookings, click on a photo or go to:

<https://www.zoestoneyoga.com>

07788 417622

Thank you for sharing x

#hathayoga #barefoot #yogaforwellbeing #chawtonhouse #hathayogaalton #namaste





Dyers Barn, Chawton House, GU34 [unsubscribe](#)