

YOGA SUMMER 2026

Yoga runs 9.30am – 10.30am most days through January.

Classes cater to all levels.

Mats available but bring one if you have one so everyone is sorted during this busy period.

Instructors are Ingrid and Kate then Rusty joins us though until January 11.

Koha goes towards the Community Trust.

See you all soon!

For any changes, see noticeboard outside the Hall or [facebook](#)

NAMASTE

