

YOUR HOME YOGA COMMUNITY INTEREST COMPANY



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
10-11am				
11-12pm				
12-1pm			(free) Chair Yoga	(free) Chair Yoga
5.30-6.30pm	(free) Chair Yoga			
7-8pm		(free) Chair Yoga		
9-9.40pm		(free) Guided Relaxation		