

Yoga for Body and Soul
Autumn - Winter Timetable 2019-20 (term times)

	Monday	Tuesday	Wednesday	Thursday	Friday
09:30 - 11:00			Yoga for Rejuvenation Harbour Hse, Kingsbridge		
12:00 - 13:30			Yoga for Rejuvenation The Flavel, Dartmouth		
14:00 - 15:30					
18:00 - 19:00				Yoga for Relaxation Blackawton Village Hall	