

## YOGA SESSIONS



**Mondays 4.00 –  
5.00.:**  
2018

**17<sup>th</sup> September**

**1<sup>st</sup> October**

**15<sup>th</sup> October**

**29<sup>th</sup> October**

**12<sup>th</sup> November**

**26<sup>th</sup> November**

**GENTLE ADAPTIVE  
YOGA!**

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**GAIN CONFIDENCE!**

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**NURTURE WELL-  
BEING!**

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**CONNECT WITH  
OTHERS!**

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**ENGAGE IN LIFE  
LONG ACTIVITY!**



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**RUTH WAY**

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