

Physically and mentally stressed with busy life style? Relax and enjoy the power of.....



Class every Tuesday at
Ockbrook Village Hall
Ockbrook, Derby
7:00 - 8:30 P.M

Please Contact:

Jackie Smith Guarino

Hatha Yoga Teacher

British School of Yoga

01332-671521/07957897360

Please bring Yoga mat when attending class
Free Tea, Coffee and Biscuits Included