

YOGA IN THE PARK



108 Sun Salutations

Join in and take part in our first charity Yoga Mala session with Isabel. Just bring your mat and join in for half an hour or for the more experienced stay for the whole session. Donations gratefully received for Love Me Love My Mind—a local mental health charity supporting the community



Saturday 21st May
Registration starts at 1.30PM

Court Recreation Ground
Pound Lane, Epsom, KT19 8SB

For further details

Call Isabel on 07906 661631

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