



Summer Yoga at Trevose



Come and join us for this beautiful yoga class set to music with elements of the flow of T'ai Chi, calming and balancing Yoga and challenging core Pilates movements with relaxing stretches and a soothing relaxation to finish.

Dates: Friday 7th & 21st August (9 – 10am)

Monday 17th & 24th August (9 – 10am)

Venue: Next to the children's playground

Cost: £10 per session

Any questions please contact Juliet on 07966 406029 or
juleslowrie@hotmail.com

Please register at reception

AS THESE CLASSES ARE OUTDOORS, A DECISION WILL BE MADE AT 0830 ON THE DAY OF EACH CLASS. IF ANY CLASS IS CANCELLED YOU WILL BE NOTIFIED BY TEXT. SO PLEASE ENSURE YOU LEAVE A MOBILE CONTACT NUMBER AT RECEPTION. THANK YOU