

Your 1st  
Class is  
Free!



## **GENTLE YOGA**

RELAX, RESTORE & BALANCE

**ST ERTH CHURCH HALL**

**TR27 6HP**

WEDNESDAYS 9.30 - 10.30am

£8 DROP IN OR 5 CLASSES FOR £35

STARTING 30th MAY



## **MIXED ABILITY PILATES**

RELEASE TENSION, ALIGN & STRENGTHEN

**ST ERTH CHURCH HALL**

**TR27 6HP**

WEDNESDAYS 10.40 - 11.40am

£8 DROP IN OR 5 CLASSES FOR £35

STARTING 30th MAY

Equipment provided for all classes

**Limited Places available.**

**Please contact Nicky**

**07526943262 or [info@thelokahi.com](mailto:info@thelokahi.com)**

**Facebook - @thelokahi**