

Weekly YOGA class - stretch, strengthen, keep on moving...

FRIDAYS - 9:30-11am

All levels welcome. Mixed abilities catered for, including beginners.

Yoga offers the whole package; strength, flexibility, clarity and calm, leading to a fitter, more energetic, happier and peaceful you.



California Ratepayers Hall,

Finchampstead Road, Finchampstead, Berks RG40 3RL

(near the California double roundabout at Nine Mile Ride and Finchampstead Road)

Jacque Perryman YOGA | BLEND

A Yoga Alliance Y200hours certified instructor, with over 15 years' experience learning and practicing yoga, Jacquie lived in Los Angeles for many years.

She studied with Iyengar, Vinyasa, Ashtanga, Kundalini teachers, before moving back to the UK. Interests: Anatomy, injury prevention and restorative yoga, and fitting yoga into busy lives.

£10 per drop-in class (£8 with book of 10 tickets)

Introductory/first class - £6

Dogs and cats immediately do a "down dog" and "up dog" yoga pose to stretch out their spines in the morning. They are telling us something!



www.yogablend.co.uk



Registered Y200hours teacher Jacquie.perryman@gmail.com M: 0788 424 4121