



## International Yoga Day & Summer Solstice

At the lovely Coddensham Centre

I would be delighted if you could join me  
Sunday 21<sup>st</sup> June 3-5pm.

By donation on arrival. Hatha Yin Yoga &  
meditation

Bring along a pillow, blanket, bolster or  
rolled up blanket for support

Any questions & to book your place please  
do contact Jo 07508154736.....Namaste

