

Yoga Group Report December 2023 by Merrion Chrisp

U3A's Yoga Group is led by Angela Griffiths, who is a British Wheel of Yoga Teacher.

The 75 minute sessions cover breathwork (pranayama), postures (asana) and relaxation.

The current term runs from Monday 8 January – Monday 12 February, 6 sessions at a fee of £18.00 to cover room hire charges.

Further Terms are 25 March & 8 – 29 April 2024; and 13-20 May & 3-24 June.

The classes are at The Hub on Monday mornings. Numbers are limited and must be pre-booked but if you would like to be added to the waiting list please contact:-

Merrion Chrisp - mfchrisp@gmail.com. or

Angela Griffiths angelagriffiths5@icloud.com We will then contact you when a place becomes available.