

## Autumn term

2<sup>nd</sup> November – 17<sup>th</sup> December 2020

	AM	PM
Monday		<b>5.45-6.45pm</b> Yoga for Health and Wellbeing River Mills Ballroom Selby
Tuesday	<b>9.45-10.45am</b> Yoga for Health and Wellbeing Pollington Village Hall	<b>7.30-8.30pm</b> Yoga essentials Orbit Yoga Studio, Eggborough
Wednesday		<b>8-9pm</b> Relaxing bedtime yoga River Mills Ballroom, Selby
Thursday		<b>7-8pm</b> Candle-lit slow flow yoga River Mills Ballroom, Selby
Friday		