

YOGA

MARLBOROUGH

strength, flexibility and relaxation

June, July 2018

Thursdays (7 weeks) (£84, Clare Dimond)

Dates : 7,14, 21, 28 June 5,12, 19 July

Venue: Marlborough College (Human Movement Studio)

19.30-21.00: advanced yoga.

A class for people who have done yoga before or who are already pretty agile and who would like to take their practice to a deeper level

Contact claredimond@yahoo.co.uk

07717 527 664

www.claredimond.com

facebook: claredimond realise your innate well-being

All classes are in the Human Movement Studio in Marlborough College which is located above the Marlborough College gym.

Directions

As you come to the end of the High Street with St Peter's church on your right, turn right and head up the hill passing the gallery on your right. If you continue straight up into the college as though you were heading up to the swimming pool or astros, you enter a parking area. To your right will be blue double doors and the gym and human movement studio are in there.

If there is no parking available there you can come back to the main road and turn right to head towards the leisure centre. Before you start up the hill to the leisure centre entrance, there is a turning on your right and then almost immediately right again. Go up the very steep hill and there is lots of parking available there. Take the footpath across to the swimming pool and then walk down to the gym.