



Yoga classes with Geoff at **Trinity Church**, St Albans

NEW!! Tuesday am 10.45 – 12.00 **NEW!!**

*** New morning class starts on Tuesday 08 June 2010 please call for details***

Tuesday pm 19.30 – 21.00

Location

Trinity United Reformed Church, Beaconsfield Road AL1 3RD

(very close to St Albans mainline station www.trinitystalbens.org.uk)

This is a beautiful, large space with a wood floor, ideal for yoga practice

Information

Please bring a **yoga mat** with you – although there will be spares available.

Drop-in Class fees £8 morning, £9 evening

Geoff McCann is a highly experienced and sought after yoga teacher, working in a number of venues in St Albans and Hertfordshire. His classes are always popular and fun.

See web for details, other venues & **FREE** Beginners Guide

Contact Geoff

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