

FEEL GOOD YOGA

AT THE STONEHOUSE COURT HOTEL



Every Monday from 1:45-3:00pm and 8:00-9:15pm in the relaxing Caroline suite. Feel Good Yoga gives you flexibility, strength and helps you to stay focused and balanced for the rest of the week.

To book a place please contact Sonja on **07890 322132**
or email **sonja_fletcher15@hotmail.co.uk**

Drop in price is £9 or buy a 5 week pass for £35

feelgoodfactor



STONEHOUSE
COURT
HOTEL

STAY FLEXIBLE | REMAIN STRONG | INCREASE VITALITY