



# YOGA

FOR STRETCH & RELAXATION  
WITH

**PAULINE CURTIS**, bwy dip  
FULLY QUALIFIED & EXPERIENCED TEACHER

LEARN HOW TO  
**STRETCH, FLEX AND RELAX**  
EACH CLASS TAILORED TO SUIT STUDENTS  
GENTLE OR STRONG POSTURES, SHORT OR LONG RELAXATION, OR A MIXTURE

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**TILSWORTH**

MONDAY 7.00PM – 9.00PM

**STEWKLEY**

WEDNESDAY 9.30AM – 11.30AM

**LINSLADE**

THURSDAY 1.30PM – 3.30PM

**LEIGHTON BUZZARD**

THURSDAY 7.00PM – 9.00PM

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**YOUR FIRST COURSE HALF PRICE**  
(OR £8 FOR FIRST LESSON)

TO BOOK A PLACE & FOR MORE INFORMATION  
PLEASE TELEPHONE

**01525 237600**

