

Yoga at Hull Unitarian Church



Yoga for Well-being and Relaxation

with **Jude Fox**

Wednesdays 7.00 pm – 8.30 pm

Jude has been teaching yoga in Hull for over 10 years, having trained with Shama Yoga in Sheffield. She also teaches Family Yoga, Mama and Baby Yoga, and Yoga for Pregnancy.

This Wednesday evening class is Hatha Yoga for adults – beginners and improvers welcome.

Regular practice of yoga is beneficial for stress, anxiety, strength and flexibility. Stretches and physical practices, breathing exercises and relaxations/meditations are all included in the class.

First class is free. £5.50 per class (£20 for 4 weeks) thereafter.

From 1st April: £6.50 per class or £22 for a block of 4 weeks.

For further information, or to book a place, please contact Jude on 01482 444455,
text 0777 937 1032 or email judeandgang@gmail.com

Dru yoga is a style that has an emphasis on flowing movements and breath. It can help to ease back pain, increase energy levels and reduce stress. It's can be practiced by people of all abilities and fitness levels.

Mondays – 6.00 pm to 7.30 pm and Thursdays - 9.30 am to 11.00 am

For more details, contact Cheryl on 07855085340
or e mail on cherylgreaves@hotmail.co.uk

**Tuesday Evenings
7.15 pm – 9.00 pm
£6.00**

**A popular, longstanding yoga class at the Unitarian Church
with a friendly, relaxed approach to health and well-being.**

A gentle, uplifting way to support your weekly routine.

**Give me a call if you'd like to find out more.
Melissa (BWYdip) ☎ 07516969638**