

HATHA YOGA CLASSES

Sheringham Oddfellows Hall, NR26 8BG;

Mondays

gentle yoga 3pm-4.30pm

mixed ability 5.30pm-7pm

mixed ability 7.15pm-8.45pm

Kelling Yoga Studio, NR25 7EW;

Tuesdays

gentle yoga 10am-11.30am

Swanton Novers Hall, NR24 2RB;

Tuesdays

mixed ability 7.15pm-8.45pm

Thursdays

mixed ability 9.45am-11.15am



Elaine Smith

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Yoga sessions are free to all staff and co-workers. You can go to whichever class you wish.

Just give your name to Elaine and tell her you are from Thornage Hall and she will send us an invoice for your session.