



AKASH YOGA & AYURVEDA

body breath mind spirit

Vinyasa Krama Yoga Classes at

Somerset Earth Science Centre

**Moon's Hill Quarry, Stoke St Michael, Radstock
Somerset BA3 5JU**

Tuesdays

All abilities

Time: 6 - 7 pm (term-time only)

**Cost: £40 for six week block
or £8 pay-as-you-go**

Thursdays (monthly)

Advanced

Time: 6 - 7.30 pm

Cost: £10 per class

Contact me for dates each month

A small stock of yoga mats are available for student use, but please bring your own if possible. Please bring a blanket during colder months.

1:1 private sessions for advancement or therapy also available. Concessions considered.

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