

YOGA CLASSES WITH PENELOPE COOMBER

British Wheel of Yoga Dip. Teacher and KHYF Teacher

Having practised yoga since her teens, Penelope qualified to teach yoga herself in 2001. She is particularly interested in teaching Yoga for relaxation and self-healing, encouraging students to work in their yoga practise with a deep sense of self-awareness and focus on the breath making yoga for each student a journey for life, healing, health, self-discovery and spiritual transformation. She is also a qualified teacher with the Krishnamacharya Healing and Yoga Foundation focusing on teaching individual students on a one to one basis.



YOGA CLASSES

TUESDAY Punnetts Town Village Hall

7.30 – 9.00 pm For students with at least one years' experience

Pre-booked in blocks of six £45 non-refundable.

Places available

SATURDAY CLASSES Held on a Saturday morning once a month

The aim of these classes are for students or teachers to have a deeper understanding of Yoga philosophy, asana practice, pranayama, and meditation. Lucas Memorial Hall Waldron

Fee £12.00 per session (10.00 am -12.30 pm) Please contact Penelope for dates.

ONE-TO-ONE These sessions help the student to further develop and deepen their personal practise or help with individual physical difficulties. By appointment. £30.00 per session (1 hour).

**For more information or to book a place
Please ring Penelope on 01435-867452
e-mail penelopecoomber@onetel.com**