Classical Yoga

Trefonen and Pant

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Monday Morning 10.30–12, Pant Memorial Hall

Monday Evening 7.30–9, Trefonen Village Hall

Thursday Morning 10.30–12, Trefonen Village Hall

Contact: [ruthannclark@outlook.com](mailto:ruthannclark@outlook.com) / 07598 713047

Everyone welcome

Please bring your own mat

£5 per session