

BE IN THE MOMENT WITH

# Yoga & You



“Yoga adds years to your life and life to your years”



A new Vinyasa yoga flow class  
for total and advanced  
beginners at Pensford Field in Kew.

Mondays 19:30 – 20:30  
At Pensford Avenue  
TW9 4HR

£10 per class; mats provided. Please book in advance.

Contact Eva on 07956 404 158

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