

Jules Yoga

07780 905729

jules@ludlowyoga.co.uk



Weekly Class Schedule:

Monday	09.45am – 11.00am	Ludlow Mascall Centre, Ludlow
	6.30pm – 8.00pm	Ludlow Assembly Rooms, Ludlow
Wednesday	10.45am – 12.00pm	Ludlow Mascall Centre, Ludlow
	6.00pm – 7.30pm	Ludlow Assembly Rooms, Ludlow

Prices vary between £5.50 and £7.50 per class depending on venue and if payment is received for the term or on a 'drop-in' basis

Individually tailored Yoga Therapy sessions also available

A one-to-one or small group session provides focused attention and fulfilling results – contact me for more details on 07780 905729.