

Jules Yoga

07780 905729

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Weekly Class Schedule:

Monday	09.15am – 10.30am	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
Thursday	7.00pm – 8.30pm	Culmington Village Hall

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.