Jules Yoga
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Sunday Workshops

One Sunday a month I run a 2¼ hour workshop for students who would like to deepen their practice. It is a chance to spend a bit more time exploring specific areas of the body or some of the more advanced yoga postures. Everyone is welcome to attend but you might have more fun if you have some experience.
The workshops are held at Culmington Village Hall and run from 9.45 – 12pm.
Each workshop costs £15.

Current dates for 2017 are : Sunday 21st May
Sunday 2nd July