

## Mindful Yoga dates for 2025

(Wednesday's, 6.30pm – 7.30pm, St Brannock's Church Hall, lounge room, 10pp)

**29<sup>TH</sup> Jan**

**5<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> Feb**

**5<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> March**

**2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 30<sup>th</sup> April**

**7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> May**

**11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> June**

**2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> July**

**10<sup>th</sup>, 24<sup>th</sup> September**

**1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> October**

**12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> November**

**3<sup>rd</sup>, 10<sup>th</sup> December**

Please Contact Maddy to find out more or to book a place.