



**Thursdays 10.30 – 11.30 am
Starting 22 September**

**Sherbrooke Mosspark Church
240 Nithsdale Road,
Pollokshields,
Glasgow G41 5AD**

Classes are delivered by Janis Green, a fully qualified Yoga teacher with over 15 years teaching experience at all levels. Beginners welcome.

Suitable for all levels of fitness and yoga experience.

Taster sessions available, please contact Janis at green yoga for details.

**Booking is required. Please contact Janis on 07748 150001
or
Email: janis@greenyoga.co.uk**