



Yoga

- This informal, friendly group meets weekly during term time. We meet on Tuesday mornings from 10.45 to 12 noon, although the doors open at 10.15 so we have time for a natter before the session begins.
- Currently meet at the St Joseph's Church Hall, London Road (just west of the Robin Hood Roundabout).
- No yoga experience is necessary, just enthusiasm and a willingness to try something new to keep our ageing limbs flexible!
- We are lucky enough to have a very experienced tutor to lead our sessions. She has been teaching yoga for many years and has written and illustrated four books on the subject.
- All you need to join us is to be a Newbury u3a member, ask the Group leader if there is a vacancy (we can take up to 23) and then come along with a yoga mat and a warm blanket or similar.
- We spend an hour doing yoga positions and the last quarter of an hour in relaxation.

There is an extra charge for this activity which covers the hire of the hall and the fee for the tutor. This currently is around £24 for six weeks, preferably paid in cash at the first meeting (after your trial session if you are a new member).

Costs are paid by cheque or bank transfer at the beginning of each term.



Yoga Poses For Seniors

