**Autumn Term Courses 2019**

*New students**special offer! 2 taster drop in classes for the price of one.*

◊ Flexibility ◊ Health ◊ Mobility ◊ Relaxation ◊ Strength ◊

**

All levels of ability welcome.

**Monday 7.00 – 8.15 pm. Yoga.**

At Flat 1 Gallagher Court, 49 Winders Road, London SW11 3HD.

2nd September – 16th December.

£165 in advance (£11 per class) or £15 drop-in.

Very close to Clapham Junction station

**Tuesday 12.30 – 2.00 pm. Yoga.**

Putney Leisure Centre, Dryburgh Road, SW15 1BL. Telephone 0208 785 0388.

On going weekly.

**Tuesday 7.15 – 8.30 pm. Yoga.**

At Pryors Bank Pavilion, Putney Bridge Approach, London SW6 3LA

10th September – 17th December.

No class half term 22nd October.

£154 in advance (£11 per class) or £15 drop-in.

**Private coaching in Pilates and Yoga also offered.**

***With a teacher who trained with the governing body of yoga.***

Email; gideonjreeve@gmail.com; Telephone; 0207 801 0562; [www.gideonsyoga.co.uk](file:///C%3A%5CUsers%5CGideon%5CDocuments%5CWebsite%5Cwww.gideonsyoga.co.uk)