



Mindful Yoga - gentle hatha yoga suitable for all.

Beginners welcome,  
mats and props available to borrow.

LAGWYNE HALL, CARSPHAIRN

**Every Monday**  
**10am – 11.15am**

Classes are only £6 per session, on a drop-in basis.  
Come along and have a go!



For more information, please email  
**[carsphairnrec@gmail.com](mailto:carsphairnrec@gmail.com)**  
or see  
**[www.carsphairn.org](http://www.carsphairn.org)**