

**YOGA WITH TESSA**

**NEWSLETTER**

***The new season of weekly classes will be as follows from 9th September***

***MONDAY 10-11 am on zoom 12 weeks £120, drop in £11***

***MONDAY 11.30-12.30 CHAIR YOGA at Flackwell Heath Community Centre £8 drop in***

***TUESDAY 11.15 -12.30 at Tylers Green Village Hall 12 weeks £156, drop in £15***

***N.B. Half term break will be weeks commencing 20th and 27th October***

***You may make up a missed class within the term at another class including recordings.***

***Zoom recordings available at the same cost***

***‘Just for today, am I going to relive the past or create my present? Make a commitment to this day, this moment.’***

[www.yogawithtessa.wixsite.com/info](http://www.yogawithtessa.wixsite.com/info) and www.chair-yoga.org

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