

Yoga Classes & Yoga Therapy

At St. Margaret Pattens Church



Rood Lane, Eastcheap, EC3M 1HS
Monument is the closest Tube

Mon & Thurs 6 - 7:30 p.m.

Also Tuesday 1 - 2:15 p.m.

General Level Drop-in Classes
(beginners welcome).

Small classes, you get more individual attention.
Call to book private classes or yoga therapy. We also
provide all necessary equipment including mats.

For more details and appointments contact:

Esther on 07837 809168

Marion on 07849 377380

email yogastart@yahoo.co.uk

BRITISH WHEEL OF YOGA

TEACHER