



YOGA WITH MICHAEL TOWNSEND WILLIAMS

## WEEKLY HATHA YOGA CLASS SCHEDULE

### BOX Methodist Church

ADDRESS High Street (A4) , Box SN13 8NF

PARKING Surrounding streets and driveway of Manor House opposite (*Thank you George & Johnny*)

WEDNESDAYS 7.30 - 9.00 PM - Suitable for all levels.

FRIDAYS 10.00 - 11.30 AM - Suitable for all levels.

### BRADFORD ON AVON Quaker Meeting House

ADDRESS Whiteheads Lane, Bradford on Avon, BA15 1JU

PARKING Available onsite. If full, parking available in town.

THURSDAYS 9.15 - 10.45 AM - Suitable for all levels.

THURSDAYS 6.30 - 7.30 PM - Beginners/Gentle

THURSDAYS 7.45 - 9.15 PM - More advanced

SATURDAYS 9.30 - 10.30 AM - Suitable for all levels.

### NOTES

Mats are provided. However you are welcome to bring your own.

Cushions and blankets can come is handy.

Please don't eat for 2 hours before class.

Inform me before the class of any medical issues.

Wear loose comfortable clothing.

Glasses can be worn but it is preferable to take them off.

Both venues are warm and comfortable.

You are always welcome to call or email me to discuss any concerns or ask any questions.