

Yoga and Pilates in Hornchurch, Elm Park, Romford and Rainham (7.50 GBP)



Location

East of England, Essex

Pilates and Yoga Courses starting soon: Wed 6.15pm Beginners Hatha Yoga (running until 11th November) HASWA, Elm Park
Mon 19th Oct 8.30pm (Introduction to Yoga 4 week course) Carries Hall, Elm Park
Tue 10th Nov 6.15pm (Essential Pilates 6 week course) HASWA
Tue 10th Nov 7.30pm (Introduction to Yoga 4 week course) Havering College Ardleigh Green
Mon 16th Nov 8.30pm (Yoga Relaxation 6 weeks) Carries Hall
Tue 17th Nov 7.30pm HASWA (Introduction to Pilates 4 week course) HASWA
Wed 18th Nov 6.15pm (Essential Yoga Part 2; 6 week course) HASWA Testimonial - Lucy Fraser says:
"I have been to a lot of different Pilates courses and this is by far the best one!" Sept 2015 Jacqui Goold says:
"I think this course gives a good grounding for yoga. I found it very relaxing and I can't wait to start the next course!" Sept

	<p>Yoga and Pilates in Hornchurch, Elm Park, Romford and Rainham</p> <p>27-Z</p> <p>https://www.freesadsz.co.uk/x-19222</p>
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Yoga and Pilates in
Hornchurch, Elm Park,
Romford and Rainham

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27-Z

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