

YOGA FOR CYCLISTS

FRIDAYS
@
6.45PM - 7.45PM
SCHEDULE

THE FOLLOWING FRIDAYS ARE THE DATES I'M TRAINING TEACHERS

THESE ARE THE FRIDAYS YOGA FOR CYCLIST
WILL NOT BE RUNNING

SEE YOU THERE ALL OTHER FRIDAYS

13 September 2019
11 October
25 October (retreat)
8 November
6 December
24 January 2020
21 February
20 March
17 April
22 May
19 June
17 July
14 August

YOGA FOR CYCLISTS