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



East of England, Essex Location

https://www.freeadsz.co.uk/x-192227-z



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





		ш.	
Romford	Hornchurch	Yoga	
and	າ, Elm	and Pi	
_		$\overline{\alpha}$	





://www	oga church, iford
freead	and h, l and
://www.freeadsz.co.uk/x-1922	Pilates Elm Rai
1922	ir Park nhan



http 27-

z z	Yoga rnchurch, mford
.freeads:	and and
s://www.freeadsz.co.uk/x-1922 z	Pilates ir Elm Park Rainham
1922	ir Park nhan



www//:sd	Yoga ornchurch, omford
.freeadsz	and and
ps://www.freeadsz.co.uk/x-192	Pilates Elm Par Rainha



ttps://www.freeadsz.co.uk/x-19	Yoga tornchurch, tomford
.freeadsz	and and
.co.uk/x-19	Pilates Elm Pa Rainh



https://www.freeadsz.co.uk/x	Hornchurch, Romford
.freeads	and
sz.co.uk/x	Elm Rai



Yoga Hornchurch, Romford	https://www.
and Pilat 1, Elm and R	https://www.freeadsz.co.uk 27-z
ㅠ 꼭	≒



	Yoga Hornchurch, Romford	
	and and	
-	Pilate Elm Ra	