











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



Location **East of England, Essex**  
<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

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