



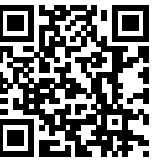
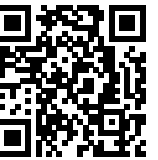
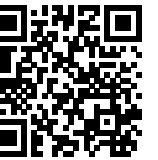




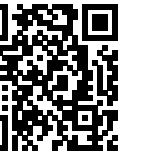
# Yoga and Relaxation, Conqueror Hall Kingsmere, Thursdays 7.30-8.30pm (7 GBP)



Gentle Relaxing Yoga with  
 Laura  
 Conqueror Hall, Horsa Close  
 BN23 6TL  
 Thursdays 7.30-8.30pm  
 starting 24th August  
 £7 drop in or £30 for 6  
 Please bring a mat and  
 blanket  
 Email info@lauraslidel.co.uk if  
 you'd like to know more  
 Hope to see you there!

Location **South East, East Sussex**  
<https://www.freeadsz.co.uk/x-548520-z>

Come and join this friendly class, suitable for beginners and more experienced yogis. Ease any aches and tension and leave feeling super relaxed! Bring a mat and a blanket. Email click to

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