



## John Franklin Yoga

Join us in the historic surroundings of the Hitchin British Schools Museum for one (or more!) of our special Yoga events coming to you in September, October and November.

John is qualified and certified as a 250 Hour yoga teacher trained with appleyoga. His classes are grounded in an intelligent, fun and transformational methodology that is easy to learn and helps people go deep into their practice.

- Hatha and Vinyasa flow classes are ideal for mixed levels of experience and beginners are very welcome.
- Leave the stress of the day behind
- Build strength, improve balance and flexibility
- Support the British Schools Museum

As a local yoga teacher John likes to strongly support our community and in particular the British Schools Museum where his Grandmother attended in the late 1890s!

### Dates for 2017 are:

- Sunday 24th September
- Sunday 22nd Oct
- Sunday 5th Nov
- Sunday 12th Nov
- Sunday 19th Nov
- Sunday 26th Nov



All classes are 60 minutes long, from 11.00 – 12.00

Individual Classes £7.00 each or book all 6 for just £35.00

Please wear comfortable loose fitting clothes. Please bring own mat (and blocks/straps if required).

**All proceeds go directly to the Museum – Registered Charity No. 1010345**

John also runs Private classes and would love to hear from you. Please contact him by phone or email to arrange classes tailored to your needs

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