



Please come along to FREE YOGA SESSIONS in  
your Wellbeing Café!

This is for ABSOLUTE BEGINNERS and ALL  
ABILITIES welcome – no experience needed!!

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Local Yoga instructor, Amba Kelly, will be here for  
FREE sessions In June and July and will provide  
mats and zen!

AT: Henry Brown YC, Cunningham Cres, BH11 8DU

On a Monday from 11.10-12.10

4 Jun, 12 Jun, 19th Jun, 26th Jun, 3rd Jul, 10th Jul  
17th Jul

Email [health.helpers@westhowe.net](mailto:health.helpers@westhowe.net) for more  
information or just simply COME ALONG!!