

# Yoga for All at Shilbottle Hall

Gentle movement, relaxation and meditation with Lucy Maresh

Fridays during term time 10-11.30am

## AUTUMN 2026

September 18 & 25

October 2, 9 & 16

TWO WEEK BREAK

Nov 6, 13, 20 & 27

December 4

## SPRING 2027\*

January 8, 15, 22 & 29

February 5 & 12

ONE WEEK BREAK

February 26

March 5, 12 & 19

## SUMMER 2027\*

April 23 & 30

May 7, 14, 21 & 28

ONE WEEK BREAK

June 11, 18 & 25

July 2

*\*Provisional term dates, please check the website for latest info.*

|                                                                                                                                    | Standard | Member |
|------------------------------------------------------------------------------------------------------------------------------------|----------|--------|
| <b>Drop-In</b><br>Book online, bring cash or pay:<br>60-83-71 17447945 (A Space to Be)                                             | £12      | £9.60  |
| <b>Ten Class Pass</b><br>Valid for one year - mix and match<br>with any of Lucy's other classes.                                   | £108     | £72    |
| <b>Termly Course Pass</b><br>Valid only for one term - ten week<br>online course plus free drop-in to<br>Shilbottle Hall all term. | £108     | £72    |

If you need further information, a lift to class, reduced fees or have a health issue you wish to discuss please contact Lucy on 07990253563 or [lucy@aspacetobe.co.uk](mailto:lucy@aspacetobe.co.uk)

Visit our website to find out about Lucy's other classes, massage therapy, online yoga and our membership scheme (Friends of A Space to Be).  
**[www.aspacetobe.co.uk](http://www.aspacetobe.co.uk)**

