



**Yoga at Brent Mencap!**  
Yoga classes £3 per session



	A new, gentle yoga class
	Relax, have fun, feel more flexible
	Suitable for all levels.
	You can sit on a chair
	or on a mat
	<b>Starting on: Thursday 8<sup>th</sup> November 2018</b>  
	<b>379-381 High Road Willesden London NW10 2JR</b>  <b>Call us 020 8451 56278</b>

