



WHAT: Yoga

WHERE: Cornwall Yoga Centre, Truro TR1 2LH

WHEN: Lots of times, all week

Cornwall Yoga Centre has many different classes, to suit every age and ability. Classes start at 7.15am on a Thursday (later on other days) and continue until 8.00pm/8.30pm most weekday evenings. There are Saturday classes. They have five teachers. They cater for over 50s, pregnant mums, mums and babies, toddlers, students, meditation, quieter more spiritual classes, dynamic classes suited to injury free and fit people and everyone else.

Wear loose fitting clothes. Mats and blankets are supplied.

Drop In:	45 min	£7.00
	60 min	£8.00

There are discounts if you want to commit to more sessions.

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