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| **90 minute Iyengar Yoga classes** No need to book, just come along! |
| **Thursday 8:00pm \* with LeeAnne Beer 13th Feb**Strawson Community Hall, 158 Albert Road, Horley RH6 7JQ |
| **Saturday 11:00am \* with Shirley St Hill 15th and Lucy Kralj 29th** Old Church, West Wickham Methodist Church, Hawes Lane, BR4 9AA |

**Tues 4th Feb** **World Cancer Day:** 2:30-5:30pm At Home social with refreshments. Bring items for upcycling or recycling or clean plastic that can’t be recycled we can make ecobricks.

**Thurs 6th Feb 12:30pm** I’m teaching at Nuffield Health Bromley, phone them to arrange a free day pass.

**Fri 21st Feb 3:30pm** Spiritual picnic At Home: Chant, read and discuss yoga philosophy.

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| **Weds 16th Sept Yoga holiday** Villa Goncalo, Algar Seco, Carvoeiro, Algarve, Portugal.£450pp includes 18 hr yoga course & shared peaceful twin room with sea view |
| **Fri 9th October weekend with Angie at Champneys Spa Henlow Grange £410/£410** Full details and bookings through free spirit yoga holidays www.freespirityoga.co.uk |
| **Oxonhoath Weekend Retreats £250-£375pp Book now** To reserve your place at these prices credit card bookings [available on my website](https://www.ahyoga.org.uk/events/iyengar-yoga-oxon-hoath-weekend-retreat-with-angela-hulm-20th-22nd-november-2020-250-375)27-29th March 2020 Uday Bhosale or Marion Sinclair20-22nd Nov 2020 with Angela Hulm**Dates for 2021** 14th May, 8th Oct Angela Hulm, 26th Nov Lydia Holmes & Edgar Stringer |

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| **75 minute Iyengar Yoga Classes At Home with Angela Hulm**21 Addington Road, West Wickham BR4 9BW – Fully equipped home studio |
| 10:00am  | **Monday** | 3rd, 24th  |
| 5:45pm, 7pm & 8:15pm | **Tuesday** | 4th, 18th, 25th  |
| 10:00am  | **Wednesday** | 19th |
| 3:15pm | 26th  |
| 10:00am  | **Friday** | 7th, 28th  |
| 4:30pm | 21st |

Please pay by bank payment Co-op Bank account no 84163316 sort code 08-93-00.

Any **6 classes for £50** (£10 single class) or £50 per month - concessions available.