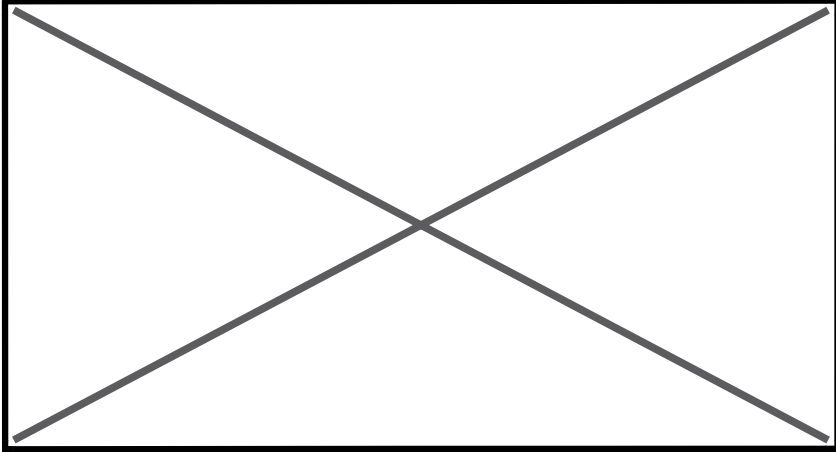


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## What is Yoga?

Yoga is a physical, mental, and spiritual practice that originated in ancient India. It involves a series of postures, breathing exercises, and meditation techniques. The goal of yoga is to achieve a state of harmony between the mind, body, and spirit.

## Benefits

Item One  
Item Two  
Item Three

## Student Testimonials

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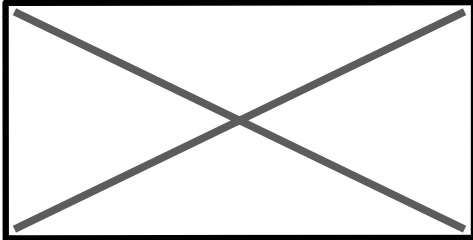
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## About Me



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## About the Class

Item One  
Item Two  
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## For New Students

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Item Two  
Item Three



Student Reg Form



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## Timetable

Day	Yoga	Time.
Mon	Hatha Yoga	7-8pm.
Tues	Yoga for Sport	6-7pm.
Wed	Hatha Yoga	7-8am.
Thurs	Yoga for beginners	7-8pm.
Fri	Power yoga	6.30am-7.30am.
Sat	Hatha Yoga	8-9am.
Sun	Hatha Yoga	9am-10am.

## Description

Item One

Item Two

Item Three

## Prices

★ Item One

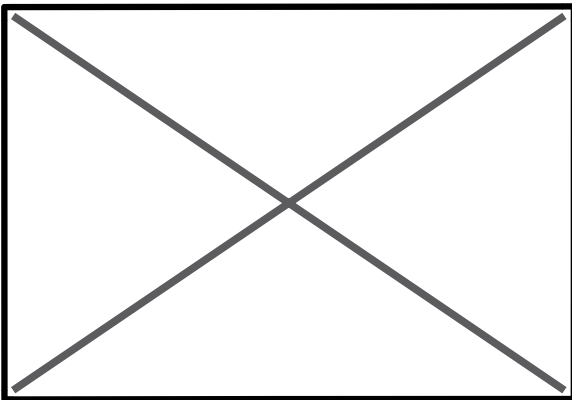
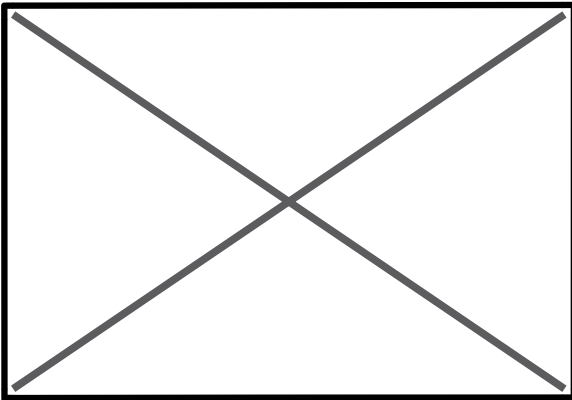
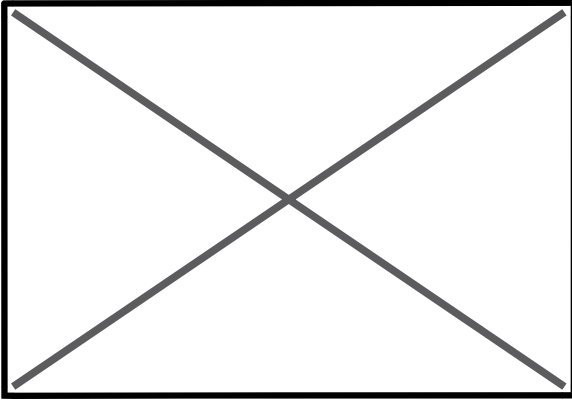
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Contact us

Name

Email

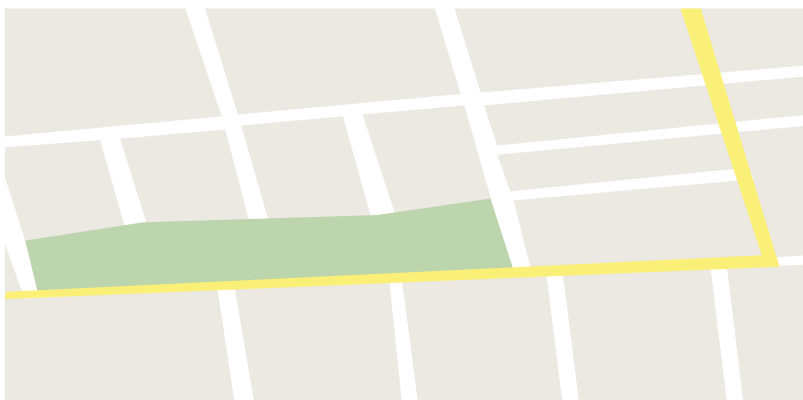
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