



# LOWER SHAW FARM

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[www.lowershawfarm.co.uk](http://www.lowershawfarm.co.uk)

## Yoga In The Hayloft

### Are you looking for a small friendly Yoga Class in Swindon?

Our yoga studio is an airy room with old wooden beams, and a bamboo floor. It is well equipped with mats, bolsters, blocks and cushions. The teachers are all very experienced, and we have classes of various styles and levels.

#### Mondays

5.45pm – 7.15pm	<b>Yoga for Beginners and All</b> Teacher: Anthony Whitehead	Price: £7 (Drop in class, just turn up.)
7.30pm – 9pm	<b>Beginners Yoga</b> Teacher: Verity Cullum	Price: £6 (Drop in class, just turn up.)

#### Tuesdays

6.00pm – 7.20pm	<b>Yoga for Beginners</b> Teacher: Jen Macdonald	Price: £6 (Drop in class, just turn up.)
7.30pm – 9pm	<b>Yoga for Beginners and All</b> Teacher: Ali Wade	Price: £6 (Drop in class, just turn up.)

#### Wednesdays

5.45pm – 7.15pm	<b>Yoga Class</b> Teacher: Meg Walker	Price: £6 (Drop in class, just turn up.)
7.30pm – 9pm	<b>Yoga for Beginners and All</b> Teacher: Surekha Patel	Price: £7 (Drop in class, just turn up.)

#### Thursdays

10.00am – 11.00am	<b>Therapeutic Yoga for Back, Neck &amp; Shoulders</b> Teacher: Raziya Sacranie	Price: £90 for 10 weeks taken over 12 consecutive weeks <i>Please contact Raziya on 01793 637500 or visit: <a href="http://www.raziyasacranie.com">www.raziyasacranie.com</a></i>
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#### Third and fourth Thursday of the month

6.30pm – 8pm	<b>Yin Yoga</b> Teacher: Anthony Whitehead	Price: £7
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#### First Thursday of the month

6.30pm – 8pm First Thursday of the month	<b>Rest and Renew</b> Teacher: Theo Wildcroft	Price: £9 (cheaper for multiple bookings) <i>Please contact Theo at <a href="mailto:theo@wildyoga.co.uk">theo@wildyoga.co.uk</a> - or visit <a href="http://www.wildyoga.co.uk">www.wildyoga.co.uk</a></i>
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#### Fridays

10.00am – 11.00am	<b>Therapeutic Yoga for Back, Neck &amp; Shoulders</b> Teacher: Raziya Sacranie	Price: £90 for 10 weeks taken over 12 consecutive weeks <i>Please contact Raziya on 07929 564 265 or visit: <a href="http://www.raziyasacranie.com">www.raziyasacranie.com</a></i>
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