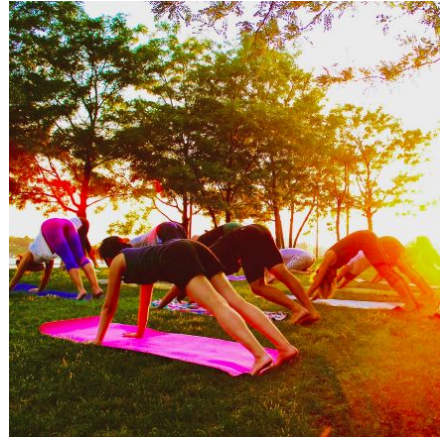


Sunset Yoga in our Walled Garden



The Lord Nelson team are excited to host our first Sunset Yoga evening, facilitated by the fabulous Les Root of Limitless Yoga. Les has practised for over 20 years and is a British Wheel of Yoga-trained teacher.

Come and join us on the lawn for a 40-minute session in our beautiful Victorian walled garden.
A friendly and informal session, catering for all abilities welcome from beginners to experts :-)

6:00pm
Wednesday 17th August 2016

*Please bring your own yoga mat or blanket, and book a place!

£5 for yoga class
£7 with a homemade smoothie & £12 with a super-food salad

The Lord Nelson Pub
Gainsborough Road
Winthorpe
Tel 01636 707705
TheLordNelsonWinthorpe@gmail.com