

## Sunset Yoga @ The Lord Nelson



Back by popular demand!  
From May 2017, we're delighted to introduce a fortnightly  
Sunset Yoga evening, facilitated by the fabulous  
Les Root of Limitless Yoga.

Come and join us on the lawn for a 60-minute session in our  
beautiful Victorian walled garden.  
A warm welcome and a friendly, informal session,  
catering for all abilities from beginners to experts.

**6:00pm, Wednesday**

\*Please bring your own yoga mat or blanket

£7.50 for yoga class  
£2.50 for a homemade smoothie  
£12 with a superfood salad

