



*Wishing you all a very Merry Xmas -  
Peace, Happiness & Contentment for the New Year!!  
Namaste from Geoff*

A few lines to thank you all for attending my classes, my Xmas teaching dates are as below:

**SCROLL TO PAGE 2 FOR SECRET YOGA POSTURE AND XMAS GREETINGS FROM RUBY!**

Jubilee Centre

Last class **Sunday 17<sup>th</sup> December**

Re-start **Sunday 07<sup>th</sup> January 2018** (10am - 11.30am)

Trinity Church

Last Class **Tuesday 12<sup>th</sup> December**

Re-start **Tuesday 09<sup>th</sup> January 2018** (10.45am - 12.00am)

Aboyne Lodge School

Last Class **Tuesday 19<sup>th</sup> December** (Mathilde guest teacher on 19<sup>th</sup>)

Re-start **Tuesday 09<sup>th</sup> January 2018** (18.30pm - 19.30pm, 19.45pm - 21.15pm)

Trestle Arts Base

**Aspects of Yoga** - 10 week pre-pay course

Start date **Friday 12<sup>th</sup> January 2018** (10am - 11 am)

See Web or Call / email for details

Harpers Leisure - Harpenden

Last Class **Thursday 14<sup>th</sup> December** (cover teacher 21<sup>st</sup> Dec. do check if cancelled!)

Re-start **Thursday 11<sup>th</sup> January 2018** (20.30pm - 21.30pm) (cover teacher 4<sup>th</sup> Jan!)

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Secret Santa Yoga posture Trunk pose!

(Proving anyone can do yoga no matter what their size!!!!)



### Very Special Xmas greetings from Ruby the new pup on the block

I know I have big paws to follow after Sooty the Yogi Dog but I will do my best to impart my own doggie wisdom although I am only 7 months old! As you can see I have already mastered the Cobra Pose (..and quite well if I say so myself!). Life so far has been very exciting and sometimes a bit scary but it seems that a good yoga motto is "if you get your nose down and have a good sniff around things usually work out alright in the end". Wishing you all a great Xmas filled with treats and waggy tails....is that a turkey I see on the kitchen table?....must go, wruff!!

