

I can't do Yoga 'cos  
I'M TOO STIFF

I can't do Yoga 'cos  
I'M NOT WELL

I can't do Yoga 'cos  
I'M TOO FAT

I can't do Yoga 'cos  
I'M TOO SHY

I can't do Yoga 'cos  
I'M TOO OLD

**OH YES  
YOU CAN!**  
If I can do it  
YOU CAN TOO!

# YOGA FOR ALL

with Dani



Strengthen & tone your **Body**  
Relax and De-stress your **Mind**  
Free your Inner **Spirit**

**Wednesdays, 6.30pm-8pm**  
**Bedwas Workmen's Hall, CF83 8BJ**

My traditional Hatha Yoga classes are gentle and relaxing, and filled with friends and laughter - a light-hearted approach in a non-judgemental and uplifting atmosphere. You can even stop for a herbal tea and chat afterwards!

**If you'd like to join, call or text me on 07903 781678**

**email me at: [info@HolisticDani.co.uk](mailto:info@HolisticDani.co.uk)**

**or visit my website: [www.HolisticDani.co.uk](http://www.HolisticDani.co.uk)**