

YOGA

Starts again on
Wednesday 18th January

9.45 – 10.45

with **Amanda James**
at
The Mary Ward Centre
42 Queen Square
London WC1N 3AQ



**A free course to women
through Holborn Asian
Women's Association**

For more information please contact:

**Jolika – Holborn Asian Women's
Association on 07940 315 107**

**or Maddy at the Mary Ward Centre
on 020 7269 6088**



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**Adult and
Community
Learning**

**Please note we
are unable to
offer a crèche**

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