



DEEP INDIAN 50 PLUS ASSOCIATION (ENFIELD)
&
ENFIELD RACIAL EQUALITY COUNCIL
IMPROVING HEALTH PROJECT

Working in Partnership

Present

PRANAYAMA, YOGA & MEDITATION CLASS

With Qualified, Insured & Experienced Tutor

FROM: 15th October 2008

TIME: Every Wednesday 11.00am - 12.30pm

**VENUE: Trinity at Bowes Methodist Church
Palmerston Road, London, N22 8RA**

FEE: £1.50 for one and a half hour session

Come and join our simple Yoga, Pranayam, & Meditation Class with time for relaxation, healthy living and simple Ayurvedic home remedy tips.

For further information and to book your place for this class, please contact one of our following members:

Ramanbhai Tailor – 020 8361 5981

Chandrika Bheda – 07941 338 919

Ranjan Jani – 020 8883 9351

Nalini Rayani – 020 8440 3929



Supported by

The National Lottery®
through the Big Lottery Fund

