



THE
MILDRED TRUST
RURAL COMMUNITY COMPASSION IN ACTION



for Children

Free summer holiday yoga with



THE YOGA MAN

for kids aged 5-11

Wednesday 30th July

10.15am, 11.15 am

and 1.15pm

Each session is approximately 1 hour

Top floor of Ivy Court Surgery

To book email: info@themildredtrust.org

www.themildredtrust.org