



YOGA CLASSES

INTRODUCTORY OFFER:

**2WKS UNLIMITED CLASSES FOR ONLY £10
(NEW CLIENTS ONLY)**

Pay as You Go or Class Passes

Booking is essential

Payment due on booking to secure your place, via
paypal or bank transfer

Class transfers available up until 24 hours prior to
class start time

**Contact Becky on 07939 959148
beccagrimley@hotmail.com**

**Becky Grimley Holistic Therapies
on Facebook/Instagram**

CLASS TIMETABLE

Mondays

9.30am Gentle Hatha Yoga
Silsden Town Hall

5.45pm Fitness Power Yoga
6.30pm Hatha Yoga
Cowling Village Hall

Thursdays

10.30am Gentle Hatha Yoga
Cowling Village Hall

Saturdays

8.45am Fitness Power Yoga
9.30am Hatha Yoga
Cowling Village Hall

BECKY GRIMLEY HOLISTIC THERAPIES

Monthly offers & discounts

**ALWAYS 25% DISCOUNT ON 1 HOUR/+
TREATMENTS FOR THERAPISTS/NHS/CARERS**

Hot Stones Massage
Deep Tissue & Sports Massage
Reflexology
Holy Fire Reiki
1-2-1 Yoga Coaching

Bespoke & Blended Packages Available
NEW: Seasonal Colour Analysis

www.beckygrimley.com