

DINTON YOGA 2018

Yoga has been bringing some Zen vibes to Dinton since local villager, Hayley Napier, set up a class on Wednesday nights at Dinton School in September. Due to the great success of the class she decided to set up a Sunday session at the Village Hall.

Yoga has brought people of various ages together from Dinton and the surrounding villages, creating a real sense of community in the classes. Her students have really started to feel the benefits of the yoga and understand the importance of taking some much needed time out to look after themselves with some mindful breathing and healthy stretching.

The classes are suitable for all levels from beginners to more experienced yogis; Hayley is able to modify her teachings to cater to everyone. If you would like to try a class Hayley will offer you a discounted rate of £5 for your first session if you quote Dinton.info. Why not give it a try?!

If yoga is not for you, Hayley also works with essential oils to help people manage their emotional and physical wellbeing. For more info on the yoga or on the essential oils Hayley can be contacted by phone (07912161365) or email (hayleynapier@hotmail.com).

Class Timetable:

Wednesday 7.30-8.30pm Dinton School
Sunday 10.30-11.30am Dinton Village Hall

Cost of classes: £8 drop in or £42 for a 6 class card

