



For Men
and Women

YOGA

WITH

MARCIA

CERTIFIED SIVANANDA YOGA TEACHER

at the **Beethoven Centre**, Third Avenue W10

Mondays

10am–11am

Members £1.50,
non-members £3

Free creche – limited spaces

Supported by

Well **London**

Communities working together
for a healthier city

Saturdays

10:30am–11:30am

Members £3.50

non-members £5

Creche closed on Saturdays



**Beethoven Centre
membership
costs £6
per year**

