



Community Action Dacorum, together with Boxmoor Yoga, are delighted to offer Hertfordshire residents a FREE 12-week Yoga Course.

Starting Thursday 14th January 9:30am to 10:30am.

Places are limited so please register as soon as possible.

The practice of yoga helps to co-ordinate the breath, mind and body, to encourage balance, both internally and externally and promote feelings of relaxation and ease.

[Click here to enrol](#) or contact learning@communityactiondacorum.org.uk for more details, or call 01442 253935



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