



CHARITY YOGA EVENT



SUNDAY, 21 DECEMBER, 2025

JOIN A CLASS:

10:00 - 10:45 AM OR 11:00 - 11:45AM

Join us for an uplifting yoga session with Louise from **Soul Flight Yoga** – a flowing vinyasa-style class designed to help you energise, stretch and recharge before the festive season 🎄

📍 **Location:** Hyde Memorial Hall, Frogham, Hampshire, SP6 2HU

💜 A minimum donation of £10 is kindly requested, which can be made via Bea's JustGiving page. All proceeds go toward Bea's fundraising for the 2026 London Marathon, which she's running in support of Alzheimer's Society

🔗 [Donation link: justgiving.com/page/bea-young-2](https://www.justgiving.com/page/bea-young-2)

📱 **To sign up,** text Bea at 07858 222598 to confirm your place

🍷 Please bring your own mat

We're so grateful for your support
and can't wait to see you there!

