



Come and join our lunchtime yoga class with experienced yoga teacher Divya Bridge!

When? Every Tuesday at 1.30 p.m.

Where? Meeting Room 7

How much? £10 for four 30-minute classes.

What to bring? Comfortable clothes. Divya will provide the yoga mats.

How to join? Write to Sam at Sam.Holden@example.com

We can only take a maximum of 20 in the room, so book now!

1. Sam Holden is the yoga teacher.

☐ True ☐ False

2. The yoga class is once a week.

☐ True ☐ False

3. The class is at lunchtime in room 7.

☐ True ☐ False

4. You need to bring yoga mats to the class.

☐ True ☐ False

5. The class can't take 22 people.

☐ True ☐ False

6. You need to call Sam Holden if you want to join the class.

☐ True ☐ False