

Phyl Hyland



**Public Classes at
33 Wilstrode Avenue
Binfield RG42 4UW**

Mondays 5.15pm - 6.30pm

Tuesdays 7.30 - 8.45pm

**Public and private classes also
available via Zoom**

phyl@hylandyoga.co.uk

www.hylandyoga.co.uk

Phone or text Phyl direct on 07711 979716

Swing YOGA

*Take your yoga further with a swing to
support your movement and posture.
Sessions are by arrangement. Call or
Text Phyl on 07711 979716*

**Private single or group yoga classes
available. on-line or in person**

Contact Phyl for details

Phyl's classes at The Fitness Space, Ascot

Wednesdays or Thursdays 8pm - 9pm

Sundays 10.30am - 11.15am