

# LIBERTY YOGA WITH CLAIRE

## at King's Mill Hospital

**Tuesdays 5.45-6.45pm**  
**£5 per session**

Meet outside Clinic 10,  
level -1, King's Mill  
Hospital

**Please bring your own mat and block if you have one.**



Available to all SHFT colleagues at SFH  
including NHS, Medirest and SKANSKA

**Call 07425 171895 to book your space.**