

Do good and feel good by coming along and treating yourself to some time out and something new in Central Reading this January!

Join us in the new year for a fun-filled morning dedicated to dancing, stretching, relaxing AND feeling great from the inside out!



**Fitness Pilates**  
**Bellydancing**  
**Core Strength**



**Yoga**  
**Relaxation**



**Saturday 26<sup>th</sup> January**

**10am – 1pm**

**Reading School, RG1 5LW**

**Tickets - £18 via <https://paypal.me/walkwithsophie>  
or on the door (ticket includes refreshments)**

**This event is a fundraiser, raising money for Steps, the national charity working for all those whose lives are affected by childhood lower limb conditions.**

**Contact Caroline for more information:**

**07732437743 or  Walk with Sophie**

**Classes led by Santa Maria Bellydance Academy and Annie Vickery Yoga**

