



Golf Yoga

At

EAST SUSSEX NATIONAL

Join Hellen Barlow on Wednesday evenings at 6pm – 1 hour classes
book via the golf shop on 01825 880256 or
Teebook@eastsussexnational.co.uk

Mats provided – limited to 20 per class

£15 per Class

This is not just yoga - it's a **performance, movement and longevity programme** designed specifically for golfers.

<https://www.hellen.yoga/>

