



Mini – Yoga sessions will be held in the Kent Room at 11.15, 12.45, 1.30, 3 & 3.45 PM by Dawn Alderson who is a qualified Yoga Teacher. She has spent time in Delhi, Agra & Rajasthan when she was a college student. Previous to teaching yoga, Dawn was a school teacher, scholar, researcher & university lecturer. Dawn has 2 children & enjoys working in the community.