

my Ballet

RTM

Dream to Dance? Give yourself a chance! Join our popular classes



A gentle introduction to ballet to strengthen body and mind

Join our new beginners class from Friday 9 November for 6 weeks

1pm to 1:40 Winsham Jubilee hall, Winsham, Chard TA20 4HU

Ages from 16 to 80 plus welcome! No experience necessary! All abilities welcome. **Bookings:** Sandy Wells 01460 30579 or email elegantmovement@gmail.com or text 07866896978

Classes help with: Posture, balance, strength, mood lifting, dance, friendship and more! www.my-ballet.uk