

# The Haven Project



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[www.thehavenproject.org.uk](http://www.thehavenproject.org.uk)

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Gipe is holding gentle Yoga  
Classes for one hour a week  
on Mondays

from 12pm to 1pm  
here at The Haven

This is an uplifting class  
and individual physical  
difficulties are taken into  
consideration

Come along and see  
what it's all about  
All welcome