

Birgitta Haas

Mon 10 11.30 Women's Day Spar, 92 Nile St, Nelson drop in OK

Tues 10-11.30 The yoga studio, 31a Montcain St ,Nelson , waiting list

Wed 5.30 -7

Victory Community Centre Nelson, 8 week block course

Thurs 5.30 -7pm

Nayland College, Nayland St, 8 week block course