

Waltham Annual Parish Meeting 15/04/2025

Yoga Classes at Waltham Village Hall

The Yoga classes have rolled along for another year. Despite the colder winter, no classes were cancelled this year but we had to keep very active to keep warm! Now we are already enjoying some warm sunshine and lighter evenings, but how quickly the time will go.

The Monday evening classes will reach the ripe old age of 22 in September, we've got a way to go to catch up with some other groups. Both classes remain quite well attended and have welcomed back a few returners.

Myself and the students welcome the opportunity to meet up with locals from Waltham and the surrounding villages, with one or two from further afield and appreciate the numerous health benefits that yoga brings, including healthy backs, relaxation and stress management.

On behalf of the classes I would like to say thank you to all involved for their continued efforts to keep the hall clean and operational. I hope to continue to run the classes at least for a while longer – it would be great to reach our silver jubilee.

Lynn Saxby