

## **Waltham Annual Parish Meeting 7/04/2026**

### **Yoga Classes at Waltham Village Hall**

The Yoga classes have rolled along for another year. The cold, wet, dark winter evenings caused a drop in numbers, due mainly to the condition of the roads. Fortunately things seemed to be picking up a little with the lighter evenings but over the year numbers have been lower than previously as less new students are joining. I think this is a problem for other local groups.

The Monday evening classes have been running for 24 years in September, hopefully we'll all keep fit and well enough to reach our quarter century next year.

Those of us who remain 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