

**For Margaret Morris Movement contact Sara: [sara.lockwood@sky.com](mailto:sara.lockwood@sky.com) Tel: 01387 820 472**

**For Kundalini Yoga contact Fiona: [fionaif@yahoo.co.uk](mailto:fionaif@yahoo.co.uk) Tel: 07903 133 083**

**For Scottish Country Dancing contact Jayne: [jayne@motecottage.net](mailto:jayne@motecottage.net)**

**For Hatha Yoga contact Jill: [yogafromtheheartdumfries@gmail.com](mailto:yogafromtheheartdumfries@gmail.com) Tel: 01387 268 194**

**For Qi Gong contact Leanne: [daoandzenqigong@hotmail.com](mailto:daoandzenqigong@hotmail.com) Tel: 07907 979 530**

**For Friday lunchtime Yoga contact Kerry: [kerryriddellyoga@gmail.com](mailto:kerryriddellyoga@gmail.com)**

**For Salsa contact Adrian: Tel: 07932783183**

**For Yoga with Sue: [suesmithyoga@gmail.com](mailto:suesmithyoga@gmail.com) Tel: 07733395269**

**For Biodanza contact Jolanda: [jolanda.bastein@gmail.com](mailto:jolanda.bastein@gmail.com) Tel: 07770873798**

**For Nia, Hula Hoop, 5Rhythms, studio hire and general enquiries contact Studio Manager Lucy:  
[lucyrosedonovan@hotmail.com](mailto:lucyrosedonovan@hotmail.com) Tel: 07950 702 165**