

SW



BIG impression

Why Alistair McGowan won't say goodbye to Barnes

On the **grapevine**

Meeting Cloudy Bay's chief winemaker, Kevin Judd

Breaking **BREAD**

With Breadstall's Sebastian Vince

New Year, new you

Stick to your resolutions with a little help from these local businesses

SW YOGA

Yoga is a fantastic way to kick start any New Years fitness regime while simultaneously achieving a healthy mind/body equilibrium - come to any of Lucy's venues in Balham and Wandsworth for a free trial class during January. For those wanting a more strenuous workout, try one of her Cardio-Yoga classes combining 45 minutes of Cardiovascular fitness work followed by 45 minutes of Yoga to stretch out afterwards - the complete package! Classes are general level and suitable for all abilities, 1:1 instruction also available.

For more details contact 07801 573279 or www.swyoga.org



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COSMEDICS

Treat yourself or give an unusual gift this New Year. Cosmedics skin clinics offer gift vouchers that can be used for any of their non-surgical cosmetic treatments or their range of revolutionary skinceuticals® skin products. All treatments are done by experienced doctors at their six London clinics. Treatments include wrinkle smoothing injections, facial fillers and lip enhancement as well as unwanted mole removal. Gift vouchers and products can be bought online.

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