



## Tutor Contact List

### Directors

Anne-Marie Zulkahari  
Quex Road Methodist Church  
London NW6 4PR  
[ampilatesyoga@me.com](mailto:ampilatesyoga@me.com)  
07956 396556

Lisa McRory  
4 Lincoln Road  
Portslade  
BN41 1LL  
[lisamcrory@gmail.com](mailto:lisamcrory@gmail.com)  
07968 508647

Cara Bowen  
47 Grantham Road  
Brighton  
BN1 6EF  
[cara\\_bowen@hotmail.com](mailto:cara_bowen@hotmail.com)  
07900 906344

### Administration

Deb Watson  
26 Wayside  
London SW14 7LN  
[debyoga@gmail.com](mailto:debyoga@gmail.com)  
07905 271176