



European elections - May 23

All European registered electors in East Herts will receive a form in the next few days which must be completed by May 7 in order to be able to vote in the potential European elections on May 23.

European electors can also [download the form](#) direct from the government's website.



Help for EU citizens

East Herts Council is working with Citizens Advice East Herts to help EU citizens living in the district after Brexit.

Residents who have moved to East Herts from the EU [will need to apply for Settled Status](#) to remain in the UK post Brexit.



The Selfish Giant

Hertford Theatre

Powerful storytelling, captivating puppetry, beautiful design, [enchanting music and a sprinkling of magic](#) sum up this very special show.



Lorna Taylor

Iyengar Yoga Teacher

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Iyengar Yoga classes at Bishop's Stortford Rugby Club

Address: Silver Leys, Hadham Road, Bishop's Stortford, Herts, CM23 2QE

New 5 week course: Spring Term

Monday Nights: Monday 8th, 15th, 29th April, 13th & 20th May

Tuesday's and Thursday's: 22nd April to 5th May

Timetable

Monday

6:30 - 8:00pm

Tuesday

10 - 11:30am

Thursday

9:30 - 11.00am

Cost per class: £12

Reduced rate: £50 for 5 classes (paid in advance)

Tadasana – Tada - mountain / Asana - posture

The body extends upwards, with the base as firm as a rock: the mind is steady and attentive. Tadasana teaches balance, centering, evenness and direction of extensions. These principles apply in all the postures. Settling into the posture brings repose. It follows precise placement of the limbs, correct extensions and balance. There is peace and unity within. The mind fills every particle of the body, bringing harmony. This is Yoga.



[Job Opportunities](#)



[Planning applications](#)