

YOGA & MINDFULNESS Class Timetable - January 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3	4 Beginners Yoga with Dora Week 1 - 7:30pm	5	6	7	8	9
10 Restorative/ Yin Yoga Week 1 - 7:30pm	11 Beginners Yoga with Dora Week 2 - 7:30pm	12 Hatha Yoga Week 1 - 10am Vinyasa Yoga Week 1 - 6:30pm	13	14 Gentle Flow Yoga Week 1 - 11am	15	16
17 Restorative/ Yin Yoga Week 2 - 7:30pm	18 Beginners Yoga with Colette Week 1 - 10:30am Beginners Yoga with Dora Week 3 - 7:30pm	19 Hatha Yoga Week 2 - 10am Vinyasa Yoga Week 2 - 6:30pm	20 Beginners Yoga with Dora Week 1 - 9am	21 Gentle Flow Yoga Week 2 - 11am	22	23
24 Restorative/ Yin Yoga Week 3 - 7:30pm	25 Beginners Yoga with Colette Week 2 - 10:30am Beginners Yoga with Dora Week 4 - 7:30pm	26 Hatha Yoga Week 3 - 10am Vinyasa Yoga Week 3 - 6:30pm	27 Beginners Yoga with Dora Week 2 - 9am	28 Gentle Flow Yoga Week 3 - 11am	29	30
31 Restorative/ Yin Yoga Week 4 - 7:30pm						

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Beginners Yoga with Dora

Beginners Yoga with Dora, an advanced Yoga Teacher with a passion for Ayurveda. This course is specifically designed with beginners in mind but anyone is welcome. These sessions can increase balance and flexibility, as well as stress relief and a calmer mind.

5 WEEK BLOCK - £8 Per Session/ £40

Hatha Yoga

Hatha Yoga with Akasha. Practice will include Pranayama (breathwork), Asana (postures), and guided meditation. Suitable for beginners and intermediates.

7 WEEK BLOCK - £8 Per Session/ £56

Vinyasa Yoga

Intermediate Vinyasa Yoga with Sarah, an Ashtanga and Vinyasa Yoga Teacher. Vinyasa is a dynamic style of yoga, originating from Pratanjali's classical and disciplined (eight limbs) Ashtanga Yoga. Intended to build strength and flexibility.

7 WEEK BLOCK - £12 Per Session/ £84

Beginners Yoga with Colette

Beginners Yoga with Colette. A course with you in mind, designed to introduce and practice the techniques to reach the heart of Yoga. Includes Pranayama (breathing), Asana (let's move our bodies) and meditation; bringing more peace, trust and love into our lives.

5 WEEK BLOCK - £40

Restorative/ Yin Yoga

Yin Yoga is a slow-moving, grounded practice and is intended to deepen the flexibility and elasticity of connective tissues like the fascia. We recommend this course to whoever is ready to slow down, to bring their energy back to themselves and restore balance.

6 WEEK BLOCK - £48

Gentle Flow Yoga

Gentle Flow Yoga with Dora. This course is specially designed to get our energy moving, to get us into the flow of life. This course is suitable for beginners to advanced students who like a faster paced class. The perfect time to practice flow yoga is in the Winter, as the Kapha energy of Earth & Water elements are in abundance.

5 WEEK BLOCK - £40

HOW TO BOOK

To join a class, you must pre-book your place. Please book in your class of choice by calling 01482 666500 or contact us via social media - Facebook & Instagram. For Private Hire Classes & Workshops, we will put you in touch with the correct teacher to make your booking. Payment in advance is required. Classes are non-transferable and non-refundable.