



Day	Time	Class	Level	Teacher	Price
Monday	12.15pm - 1.00pm	ASHTANGA YOGA	All	Teresa	£5
	5.45pm - 6.45pm	GENTLE YOGA AND MEDITATION	Beg/All	Nikki	£5
	7.00pm - 8.15pm	HATHA YOGA FLOW	All	Nikki	£6
Tuesday	6.00pm - 7.15pm	ASHTANGA YOGA	All	Teresa	£6
1st Tuesday/month	7.30pm - 9.00pm	CHAKRA DANCE	All	Emma	£10
2nd Tuesday/month	8.00pm - 9.00pm	FOCUSED SOUND IMMERSION	All	John & June	£10
3rd Tuesday/month	7.30pm - 9.00pm	SHAMANIC DRUMMING JOURNEY	All	Kath	£7
4th Tuesday/month	8.00pm - 9.00pm	HEALING SOUND JOURNEY / GONG BATH	All	John & June	£10
Wednesday	7.15am - 8.15am	EARLY BIRD ASHTANGA <small>*not running during mysore intensives*</small>	All	Teresa	£5
	6.00pm - 7.15pm	HATHA YOGA	All	Nikki	£6
	7.30pm - 9.00pm	SOUL SESSIONS / GUIDED MEDITATION	All	Ryan	£10
Thursday	6.30pm - 7.45pm	CORE AND VINYASA FLOW YOGA	Int/All	Nikki	£6
	8.00pm - 9.00pm	YOGA FOR THE MIND	Beg/All	Jeannine	£6
Saturday	8.00am - 9.30am	DYNAMIC FLOW YOGA	All	Eunika	£6
1st Sunday/month	7.30pm - 9.30pm	KIRTAN CHANTING	All	Peter	£7

Drop in classes, no booking required. Changing facilities and yoga mats provided.