



How to use the timetable:

- Classes last for 1 hour unless otherwise stated.
- Each class is colour coded to indicate the style of class.
- The level of yoga ability the class is aimed at is noted in *italics*.
- Please click the teacher's name to send an email. If you would rather call or the teacher has requested contact is preferable by telephone, a full contact list is at the end of this document. If using an iPhone or iPad if you press and hold the option for email comes up.

- Physical:** You will be doing some standing, lying and sitting using a floor mat.
Gentle Physical: A less physically active class but would also include standing, lying and sitting.
Gentle Years Yoga© A chair-based yoga practice specifically designed for older adults and those with age-related conditions
Specialist Yoga: An adapted practice suitable for reduced mobility and/or specific health conditions.
Relaxation and Meditation: You would be lying or seated comfortably for relaxation and meditation.

| STARTS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---|---|--|--|---|---|--------|
| 07:00 | Hatha Yoga <i>All Abilities</i> 07:30-08:30 <u>Bonnie Wan</u> | Morning Flow <i>All Abilities</i> 7.45 start Mat based, flow physical practice, grounding ourselves for the day. <u>Ariel O'Shaughnessy</u> | | Pranayama & Meditation <i>All Abilities</i> 07:30-08:15 <u>Bonnie Wan</u> | | | |
| 09:00 | | Gentle Hatha Yoga, mindfulness and relaxation <i>All abilities.</i> Salute the day with a gentle sun routine, Teacher has experience with anxiety depression, PTSD and domestic abuse. <u>Gillian Osborne</u> ----- | Simple Hatha yoga <i>Beginners</i> Max six per session <u>Karen Robinson</u> ----- Yoga for calming and energising <i>Mixed abilities</i> <u>Joanne Hart</u> ----- | Hatha yoga <i>All abilities</i> 09:00 – 09:45 <u>Val Kos</u> ----- Hatha yoga <i>All abilities</i> <u>Pam Snowball</u> ----- | Hatha Yoga <i>All abilities</i> <u>Kelly Signorini</u> ----- Traditional Himalayan Yoga – chair based Developed by Swami Rama of the Himalayan Tradition, ensuring a path towards Holistic health, a more flexible healthy body, a calm peaceful mind and emotional stability. <u>Sue Normandale</u> ----- | Yoga, mindfulness and relaxation <i>All abilities</i> <u>Deborah Beaumont</u> ----- | |

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| STARTS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|--|---|---|--|--|--|--|
| 09:00 | | | Restorative Yoga <i>All Abilities</i> Movement, mindful-ness and relaxation. Teacher experienced with stress, anxiety, depression and many physical conditions. <u>Vibi Gibson</u> | | | | |
| 10:00 | Mindful yoga, mindfulness <i>All abilities</i> <u>Angela Brier-Stephenson</u> ----- Mindfulness Yoga <i>Mixed ability: work at your own level to stretch, strengthen & relax mind, body & spirit</i> <u>Nerissa Fields</u> ----- Gentle chair yoga <i>Suitable for reduced mobility and seniors</i> <u>Graham Nolan</u> | Hatha yoga Gentle, focussed yoga. Listen to your body, utilise your breath to release tension and increase vitality. Movement, meditative practice and deep relaxation <i>All abilities</i> <u>Candi Montgomery</u> ----- Flow based yoga <i>All abilities</i> <u>Genevieve Shaw</u> ----- | Yin yoga: flexibility and stillness <i>All abilities</i> 10:00 – 10:30 <u>Lisa Lovell</u> ----- Macmillan Cancer Class <i>Mixed abilities, anyone suffering or recovering from cancer</i> <u>Claire Brett-Pitt</u> ----- Gentle Years Yoga© <i>For older adults and those with age-related conditions</i> <u>Eve Douglas</u> ----- Yoga & Mindfulness <i>All abilities</i> 10:30 – 11:30 <u>Lisa Schlotmann</u> | Hatha yoga slow flow Teacher has experience with those who have suffered domestic violence. <u>Anita Jarvis</u> ----- Gentle Years Yoga© <i>For older adults and those with age-related conditions</i> <u>Claire Gardner</u> | Hatha yoga <i>All abilities</i> 10:30-11:30 <u>Helen Goodjohn</u> ----- Traditional Himalayan Yoga – mat based Developed by Swami Rama of the Himalayan Tradition, ensuring a path towards Holistic health, a more flexible healthy body, a calm peaceful mind and emotional stability. <u>Sue Normandale</u> | Yoga Nourish <i>Accessible class for all</i> <u>Katherine Mckenzie-Baxter</u> ----- Hatha yoga <i>Beginners</i> 10:30-11.45 <u>Donna Shannon</u> ----- | Yoga Gently <i>Beginners</i> Ease your way gently into the day, with gentle mobilising movements, breath and meditation. For anyone recovering from illness, working with injuries or conditions of ageing. <u>Hannah Guy</u> ----- |

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|--------|---|--|--|--|---|---|--|
| 11:00 | <p>Hatha yoga Mixed abilities <u>Claire Brett-Pitt</u></p> <p>-----</p> <p>Mixed meditation and yoga beginners All abilities <u>Ray Bussell</u></p> <p>-----</p> | <p>Gentle Hatha All abilities <u>Dulcie Buckenham</u></p> <p>-----</p> <p>Hatha yoga Mixed abilities <u>Claire Brett-Pitt</u></p> <p>-----</p> | <p>Pregnancy Yoga Pregnancy from 16 weeks onwards <u>Bernadette King</u></p> <p>-----</p> <p>Hatha yoga Mixed abilities <u>Claire Brett-Pitt</u></p> <p>-----</p> <p>Gentle Years Yoga© For older adults and those with age-related conditions <u>Yvonne Meredith</u></p> | <p>Hatha yoga Mixed abilities <u>Claire Brett-Pitt</u></p> <p>-----</p> | <p>Mindful Flow All abilities <u>Natalie Nissim</u></p> <p>-----</p> <p>Hatha yoga Mixed abilities <u>Claire Brett-Pitt</u></p> <p>-----</p> <p>Gentle chair yoga All the benefits of yoga using the support of a chair in this fun, friendly and relaxed class. <u>Jodie Nabb</u></p> | <p>Breath and relaxation All abilities <u>Carol Price</u></p> <p>-----</p> | <p>Yoga All abilities Including mindful self-compassion techniques, soothing meditation and a lot of orientation towards being really kind & gentle to yourself. <u>Sarah Lionheart</u></p> |
| 12:00 | <p>Gentle Yoga for all Simple stretches, breathing exercises and relaxation. All abilities and ages <u>Jane Sill</u></p> <p>-----</p> <p>Gentle chair yoga All Abilities A chair-based class <u>Liz Coleman</u></p> | | <p>Hatha yoga Mixed abilities 12:00 – 12:45 <u>Linda Morley</u></p> <p>-----</p> <p>Gentle Yoga & Mindfulness All abilities. Everyday mindfulness tools to cope with stress & aid restful sleep. 12:00-13:15 <u>Lisa Whitehouse</u></p> <p>-----</p> <p>Hatha Yoga All abilities <u>Eve Douglas</u></p> | | <p>Yoga and mindfulness for dealing with stressful times All abilities 12-12.30 <u>Kathrin Gerrard</u></p> <p>-----</p> <p>Mindfulness Meditation All abilities <u>Richard Kravetz</u></p> <p>-----</p> | | <p>Soundscape Deep Relaxation All abilities 12:00-12:30 <u>Kristel Seidler</u></p> <p>-----</p> |

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|--------|--|---|---|--|--|---|---|
| 14:00 | <p>Gentle chair yoga class Suitable for reduced mobility and seniors <u>Rossella Pagano (Ross)</u></p> <p>-----</p> | <p>Yoga for Women's Health All abilities. Yoga to help with menstruation, fertility, breast health, perimenopause, menopause, post-natal recovery, and yoga for healthy aging. <u>Caroline Stuart</u></p> <p>-----</p> | <p>Hatha Yoga Beginner/Intermediate <u>Judy Grill</u></p> <p>-----</p> <p>Gentle Breath focused Yoga All abilities. Initial & final relaxation, asanas & breath work <u>Ilkay (Shraddha)</u></p> <p>-----</p> <p>Gentle Years Yoga© For older adults and those with age-related conditions <u>Lisa Di Giuseppe</u></p> | <p>Breathing & Relaxation All abilities <u>Clare Walker</u></p> <p>-----</p> | <p>Scaravelli Yoga All abilities <u>Joanna Child</u></p> <p>-----</p> | <p>Hatha Yoga Suitable for Beginners <u>Elizabeth Barnard</u></p> <p>-----</p> | <p>Gentle / Hatha yoga Mixed abilities <u>Andrea Cooper</u></p> <p>-----</p> |
| 15:00 | <p>Gentle Hatha Yoga All abilities. Yoga, Breathing and Relaxation. <u>Sharon Kilgour</u></p> <p>-----</p> | <p>Gentle Yoga This class includes gentle somatic movements, breathing practices and supported restorative poses, which may be particularly helpful if you are suffering from anxiety and/or fatigue. Complete beginners are always welcome. <u>Sis McKeith</u></p> <p>-----</p> | <p>Gentle Yoga Suitable for seniors with a physical or learning disability 15:00-15:40 <u>Sue Palmer</u></p> <p>-----</p> <p>Modified Yoga for Ovarian Cancer Mixed abilities, anyone suffering or recovering from cancer 15:00- 15:40 <u>Claire Brett-Pitt</u></p> <p>-----</p> | <p>Yoga Therapy -One to One Sessions Working 1 to 1 to develop a practice for you to work with in your own time and/or between booked session. One space available each week, so appt.s may be spread over a monthly schedule depending on individual need. <u>Sis McKeith</u></p> <p>-----</p> <p>Hatha Yoga All abilities Yoga with breath work & relaxation <u>Catriona Orr</u></p> | <p>Gentle Hatha Yoga All abilities A gentle fun stretch and relax to welcome the weekend-warning: you may smile, and your energy may be lifted. <u>Carol Young</u></p> <p>-----</p> | | |

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|--------|--------|--|--|--|--|----------|--|
| 16:00 | | | | | 1-2-1 Dru Yoga for Back care <i>Gentle Mindful movement with the breath, to relax muscles & mind before introducing ways to build core strength & offer possible strategies to manage back pain</i> <u>Michelle Helstrip</u> ----- | | |
| 17:00 | | | Poorna yoga for whole being wellness <i>All abilities</i> <u>Penny Jolly</u> ----- | Hatha Yoga and Somatic Yoga <i>All abilities</i> <u>Geraldine Lewis</u> ----- | Hatha Yoga <i>All abilities</i> <u>Kelly Signorini</u> ----- | | |
| 18:00 | | Gentle therapeutic and yin yoga <i>All abilities</i> <u>Caroline Wickham</u> ----- | | Gentle mixed Hatha yoga and movement <i>Chair and standing</i> <i>Mixed abilities</i> <u>Elaine Davis</u> ----- | Pranayama & Meditation <i>All abilities</i> <u>Valerie Smith</u> ----- | | Gentle yoga & Mindfulness <i>Mixed abilities</i> <u>Graham Nolan</u> ----- |

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|--------|--------|---|---|---|--------|----------|--|
| 19:00 | | <p>Meditation and relaxation <i>All abilities. Tranquillity routine. Teacher has experience with anxiety, depression, PTSD and domestic abuse.</i> <u>Gillian Osborne</u></p> <p>-----</p> | | <p>Traditional Hatha yoga <i>All abilities</i> <u>Carol Price</u></p> <p>-----</p> <p>Meditation and relaxation <i>All abilities</i> <u>Wendy Haring</u></p> <p>-----</p> | | | <p>Vinyasa flow <i>All abilities</i> <u>Emma Singh</u></p> <p>-----</p> |
| 20:00 | | | <p>Yoga Nidra <i>All abilities</i> <i>A deeply relaxing meditation</i> <i>(20:00 to 20:40)</i> <u>Nannerl Herriot</u></p> <p>-----</p> <p>Mindful Yin Yoga & Meditation For Self-Care <i>Mixed Ability</i> <i>(20:00 – 21:15)</i> <u>Jane Muir</u></p> | | | | |



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