

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			Simple Hatha yoga <i>Beginners</i> Max six per session <u>Karen Robinson</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
10:00	<p>Mindful yoga, mindfulness All abilities <u>Angela Brier-Stephenson</u></p> <p>-----</p> <p>Mindfulness Yoga Mixed ability: work at your own level to stretch, strengthen & relax mind, body & spirit <u>Nerissa Fields</u></p> <p>-----</p> <p>Gentle chair yoga Suitable for reduced mobility and seniors <u>Graham Nolan</u></p>	<p>Hatha yoga Mixed abilities <u>Linda Morley</u></p>	<p>Yin yoga: flexibility and stillness All abilities 10:00 – 10:30 <u>Lisa Lovell</u></p> <p>-----</p> <p>Macmillan Cancer Class Mixed abilities, anyone suffering or recovering from cancer <u>Claire Brett-Pitt</u></p> <p>-----</p> <p>Gentle Years Yoga© For older adults and those with age-related conditions <u>Eve Douglas</u></p>	<p>Hatha yoga slow flow Teacher has experience with those who have suffered domestic violence. <u>Anita Jarvis</u></p> <p>-----</p> <p>Hatha yoga Mixed abilities <u>Linda Morley</u></p> <p>-----</p>	<p>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></p>	<p>Hatha yoga Beginners 10:30-11.45 <u>Donna Shannon</u></p> <p>-----</p> <p>Hatha yoga Mixed abilities <u>Linda Morley</u></p> <p>-----</p>	<p>Yoga Gently Beginners 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></p> <p>-----</p>
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>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>

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STARTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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>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>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>
14:00	<p>Gentle Years Yoga© Suitable for reduced mobility and seniors <u>Rossella Pagano (Ross)</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>Hatha Yoga Beginner/Intermediate <u>Judy Grill</u></p> <p>-----</p>	<p>Breathing & Relaxation All abilities <u>Clare Walker</u></p> <p>-----</p>		<p>Gentle / Hatha yoga Mixed abilities <u>Andrea Cooper</u></p> <p>-----</p>	

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STARTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15:00	Gentle Hatha Yoga <i>All abilities. Yoga, Breathing and Relaxation.</i> <u>Sharon Kilgour</u> -----		Modified Yoga for Ovarian Cancer <i>Mixed abilities, anyone suffering or recovering from cancer</i> 15:00- 15:40 <u>Claire Brett-Pitt</u> -----	Yoga Therapy -One to One Sessions <i>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.</i> <u>Sis McKeith</u> -----			
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> -----		
STARTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17:00			Poorna yoga for whole being wellness	Hatha Yoga and Somatic Yoga	Hatha Yoga <i>All abilities</i>		

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			<i>All abilities</i> <u>Penny Jolly</u> -----	<i>All abilities</i> <u>Geraldine Lewis</u> -----	<u>Kelly Signorini</u> -----		
18:00		Gentle therapeutic and yin yoga <i>All abilities</i> 18.30-19.45 <u>Caroline Wickham</u> -----			Pranayama & Meditation <i>All abilities</i> <u>Valerie Smith</u> -----	Hatha Yoga Suitable for Beginners <u>Elizabeth Barnard</u> -----	Gentle yoga & Mindfulness <i>Mixed abilities</i> <u>Graham Nolan</u> -----
19:00	Hatha Yoga <i>Accessible class for all</i> 19.30-20.30 <u>Katherine Mckenzie-Baxter</u> -----	Meditation and relaxation <i>All abilities. Tranquillity routine. Teacher has experience with anxiety, depression, PTSD and domestic abuse.</i> <u>Gillian Osborne</u> -----		Traditional Hatha yoga <i>All abilities</i> <u>Carol Price</u> -----			Vinyasa flow <i>All abilities</i> <u>Emma Singh</u> ----- Tonglen Yoga <u>Sarah O'Connor</u> – Mindflow Yoga 19.30-20.30 26 th September 24 th October 28 th November
STARTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
20:00			<i>Yoga Nidra</i> <i>All abilities</i>				

			<p><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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TEACHER CONTACT DETAILS

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