

## *Studio Sessions Timetable 2025*

*Bookings essential*

<b>Monday</b>	9.30 - 11am	Somatic Yoga – 8- week program dates to be announced
<b>Monday</b>	5.30 – 7pm	General Yoga
<b>Tuesday</b>	9.30 – 11am	General Yoga
<b>Tuesday</b>	1.30 – 3pm	Gentle Yoga – suitable for beginners or those who want a gentler, slow practice.
<b>Tuesday</b>	6 – 7.30pm	Pregnancy Yoga – by arrangement (on demand) for women in their 2 <sup>nd</sup> trimester of pregnancy onwards.
<b>Wednesday</b>	9.30 – 11am	Gentle Yoga – suitable for beginners or those who want a gentler, slow practice.
<b>Wednesday</b>	6 – 7.30pm	General Yoga
<b>Thursday</b>	9.30 – 11am	General Yoga
<b>Thursday</b>	6 – 7.30 pm	General Yoga
<b>Friday</b>	6.15 – 7.15pm	Quiet Practice – 4 weekly sessions dates to be announced.
<b>2<sup>nd</sup> Saturday of the Month</b> (Chk dates as this sometimes changes)	10.am – 12pm	Restorative Yoga
<b>4<sup>th</sup> Saturday of the Month</b> (Chk dates as this sometimes changes)	10am – 12pm	Yin Yoga