

# Studio Sessions Timetable 2024

## Bookings essential

Monday	9.30 – 11am	Somatic Yoga – 6 Week Program (contact for dates)
Monday	5.30 – 7pm	Yoga
Tuesday	9.30 – 11am	Yoga
Tuesday	1.30 – 3pm	Gentle Yoga – suitable for beginners or those who want a gentler, slow practice.
Tuesday	5.30 – 7pm	Yoga for Pregnancy & Birth – 6 Week Program (by demand - contact for dates)
Wednesday	9.30 – 11am	Gentle Yoga – suitable for beginners or those who want a gentler, slow practice.
Wednesday	6 – 7.30pm	Yoga
Thursday	9.30 – 11am	Yoga
Thursday	6 – 7.30 pm	Yoga
2 <sup>nd</sup> Saturday of the Month (Check dates as this sometimes changes due to holidays)	10am – 12pm	Restorative Yoga
4 <sup>th</sup> Saturday of the Month (Check dates as this sometimes changes due to holidays)	10am – 12pm	Yin Yoga

- Pregnancy Yoga is by demand – minimum of 3 people maximum 5 people.
- Restorative Yoga limited to 5 people per class.
- Bookings essential for all classes as space is limited.
- Due to small class sizes, preference will be given to term- long bookings over casual bookings.