



You can contact Susan on wee-yogi@hotmail.co.uk for bookings or more information re her classes

TUESDAYS

Stockbridge House

7pm-8:30pm General Ashtanga Yoga
(8 week term – 15th March – 9th May inclusive)

WEDNESDAYS

NEW CLASSES AT

Mulberry House

6pm-7:30pm General Ashtanga Yoga (5 week term – 5th April – 9th May inclusive)
7:45pm-8:45pm Beginners Ashtanga Yoga (5 week term – 5th April – 9th May inclusive)

THURSDAYS

Room4Health

5:20pm-6:20pm General Ashtanga Yoga (8 week term – 15th March – 9th May inclusive)
6:30pm-7:30pm Beginners Ashtanga Yoga (8 week term – 15th March – 9th May inclusive)

SATURDAYS

Stockbridge House

9am-10:30am Yoga Flow (8 week term – 15th March – 9th May inclusive)

SUNDAYS

1pm-3pm Workshops

Stockbridge House

Next workshop 7th March 2010 -Yoga For Ultimate Relaxation and Stress Relief

Please bring a blanket to cover yourself, a cushion to sit on and for assistance in some postures. It is also advisable to bring warmer layers for later on and perhaps something to cover your eyes during relaxation.
Cost £15