

Yoga Timetable

Tuesday Yoga

Stockbridge House

5 - 7pm Ashtanga Mysore

7 - 8.30pm General Yoga (based loosely on the Ashtanga Vinyasa system)

Wednesday Yoga

Mulberry House

6-7.30pm General Ashtanga Yoga

7.30 - 8.30pm Beginners Ashtanga Yoga

Thursday Yoga

Stockbridge House

5.30 - 7.00pm General Yoga (based loosely on the Ashtanga Vinyasa system)

Weekend Yoga

Saturday 10am - 11.30am

Sunday 4pm & 5pm

Private 1-2-1 Yoga is also available. Please enquire.

Please bring a blanket to cover yourself for relaxation.

For more details and bookings for these classes contact Kat on katyoga@gmail.com or call 07771365550 and quote 'Tonic Health' for priority places