

YOGA SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00 - 8.00am	Energise with Katy	Rise with Natalie	Energise with Pauline	Rise with Claire	Energise with Pauline	Rise with Pauline	Energise with Katy
4.30 - 5.30pm		Energise with Claire	Yin with Natalie	Community Class With Natalie 10.30 - 11.30			
6.00 - 7.00pm	Master Class 6.00 - 7.30pm with Claire	Yin with Natalie	Warrior Flow with Pauline	Restorative with Claire	Energise with Claire	Energise with Katy	Warrior Flow with Claire
							Energise with Natalie

Rise

Gently awaken the body with this slow but dynamic sunrise flow.

Energise

Get ready to turn up the heat and get the circulation pumping.

Restorative

Completely relax and unwind in cosy supported yoga postures whilst softly drifting into complete Zen -bliss

Warrior Flow

Find your focus and balance on your legs, strength and ease on your board.

Yin & meditation

The perfect class to deeply stretch out and calm the mind.

Yin

Nourish your tired muscles with long hold floor poses, activating the chi-flow, deep stretch for the connective tissue.

Community Class

Open to all donation only. All proceeds go to selected local charities.