

# YOGA SCHEDULE

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

## 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.