

Autumn Timetable

– starts Monday 5 September 2011

	Class and Style	Level
Mondays		
09.30-10.30	Hatha Yoga drop-in	Open
14.00-15.00	Yoga community class	Open
18.15-19.15	Pregnancy Yoga course	Open
18.15-19.15	Hatha Yoga drop-in	Level 1-2
19.30-20.30	Vinyasa Flow drop-in	Open

	Class and Style	Level
Tuesdays		
10.00-11.00	Beginners Yoga course	Level 1
10.00-11.00	Hatha Yoga drop-in	Level 1-2
18.00-19.00	Dynamic Anusara drop-in	Level 1-2
18.00-19.00	Beginners Yoga course	Level 1
20.00-21.00	Hatha Yoga drop-in	Open
20.00-21.00	Beginners Yoga course	Level 1

	Class and Style	Level
Wednesdays		
09.30-10.30	Hatha Yoga drop-in	Open
10.30-11.15	Mummy & Baby: Baby Bumpkin™	Open
14.00-15.00	Yoga community class	Open
16.00-16.45	Kids: Tatty Bumpkin™ 2-5yrs	Open

	Class and Style	Level
Wednesdays (cont...)		
16.45-17.30	Kids: Tatty Bumpkin™ 4-9yrs	Open
18.00-19.00	Pilates drop-in	Open
18.00-19.00	Hatha Yoga drop-in	Open
19.00-20.00	Beginners Pilates course	Level 1
19.30-20.30	Beginners Yoga course	Level 1
20.00-21.00	Power Yoga drop-in	Level 2

	Class and Style	Level
Thursdays		
10.00-11.00	Hatha Yoga drop-in	Level 1-2
12.30-13.30	Tai Chi Beginners Course	Level 1
18.00-20.00	Dynamic Anusara drop-in	Level 2-3
18.00-19.00	Beginners Yoga course	Level 1
19.00-20.00	Pregnancy Yoga course	Open
19.30-20.00	Meditation drop-in	Open
20.00-21.00	Hatha Yoga drop-in	Open

	Class and Style	Level
Fridays		
09.30-10.30	Revive + Restore Yoga drop-in	Open
10.30-11.30	Pilates drop-in	Open

	Class and Style	Level
Saturdays		
10.00-11.00	Hatha Yoga drop-in	Open
10.00-11.00	Pilates drop-in	Open
11.30-12.30	Power Yoga drop-in	Level 2
13.30-16.30	Beginners Yoga Intensive (day 1)	Level 1
11.00-17.30	Workshops – see website for details	

	Class and Style	Level
Sundays		
10.30-11.30	Hatha Yoga drop-in	Open
10.30-14.30	Pilates Beginners Intensive Course	Level 1
13.30-16.30	Beginners Yoga Intensive (day 2)	Level 1
11.00-17.30	Workshops – see website for details	

Please always check our website for the latest timetable

Prices

£8	pay-as-you-go	(60min class)	
£55	unlimited class pass (£4.50 per class)		1 month
£35	5 class pass (£7 per class)		2 months
£60	10 class pass (£6 per class)		3 months
£110	20 class pass (£5.50 per class)		4 months
£250	50 class pass (£5 per class)		6 months
£5	open practice space (1hr practice)		

Class levels

Open - Open classes are challenging, but encompass all levels. Adaptations and modifications are offered and every student is encouraged to work to their own ability and limits.

Level 1 Classes – Discover! Our Beginner classes are powerful, learning experiences in which you will literally re-discover your body, how it works, and what it can do. All Beginner classes are designed to give you the time and support to understand the proper alignment of Yoga asanas (postures) and breathing technique. You will begin by focusing on the basics, but it won't stop there. Level 1 is always exciting because in every class you learn and do something new. Beginner class teachers are experts at helping you master form, understand how to breathe, and help you build confidence in the postures and experience the wonders of Yoga.

Level 1-2 Classes – Explore! – After you feel comfortable with the postures taught in Level 1 classes you will be ready to move to Level 1-2. These more challenging classes continue to emphasise the fundamentals of yoga while presenting the poses and sequencing the class in a more challenging way. Level 1-2 teachers are experts at offering new and exciting challenges for their students, while ensuring more difficult positions are practiced safely and effectively.

Level 2 Classes - Experience! – Level 2 classes are designed to take you to the intermediate level where you will expand on your strength, stamina and flexibility as you master more advanced postures (inversions, backbends) and more demanding sequences. Level 2 classes will help you take your practice to a whole new level.

Level 2-3 Classes – Expand! – Level 2-3 classes presume students are familiar with intermediate yoga postures (including inversions and backbends). In these classes you will use your knowledge of postures and breathing to practice exciting, physically demanding and challenging sequences and variations. The pace of these classes is faster, you will go deeper, and your teacher will help you achieve breakthroughs in your practice and your self-awareness. We recommend you have a year of solid practice under your mat before you join 2-3 classes. Expect to be transformed!

Class Styles

Anusara - a powerful hatha yoga system that unifies blends precise alignment, body awareness, and dynamic poses with the deeper philosophy and meaning behind yoga, helping students to connect with the heart. Classes are upbeat, fun and offer students a chance to learn the asanas (poses) fully.

Community - a flowing class moving with the breath and building gradually, with adaptations/modifications offered to make it suitable for all levels of experience. This is a half-price community class.

Hatha - the most widely practiced form of yoga in the world. Hatha Yoga uses postures (asana) and conscious breathing (Pranayama) in combination with mental focus to develop awareness, strength and flexibility, and relaxation. Through proper alignment and mindful actions of the body, Hatha Yoga brings balance, strength, and a sense of well-being.

Kids: Tatty Bumpkin™ – classes take a multi-sensory approach to yoga, with music, props and story telling. The classes are great fun and incorporate yoga poses into an exciting adventure story for children.

Meditation – a practice to help you become aware of how your thoughts, actions and feelings create your reality and show you how to redirect them to foster a more positive life experience. Doing such "inner work" gives you the courage to live your Truth and make conscious choices based on your Highest Self.

Mummy & Baby: Baby Bumpkin™ – bring your baby with you to regain your strength and energy after childbirth. Enjoy the community of other new moms while in a comfortable setting where you may feed or change your baby as needed. Designed for newborns to crawlers.

Pregnancy - beautiful, expressive and creative class for the blossoming mother! Classes focus on yoga exercises to aid a gentle birth, breathing exercises that will encourage you to work with your 'life force' (Prana Shakti) and meditations that will connect you deeper to your child. Pre-natal yoga will help you establish a calm mind, inner balance and strength to take you through your pregnancy and beyond.

Pilates - a mind body exercise which will target the core stabilising muscles. Builds a stronger, healthier back; a flatter tummy; a more toned, mobile and flexible body; better posture, fitness and general wellbeing; rehabilitation from injury; or balancing and strengthening the mind and the body. Matwork Pilates classes are a fun and safe form of exercise.

Power Yoga - a more challenging class. Sometimes difficult, always fun, this is a class for those interested in a more vigorous and energising practice. The studio is not heated, but the physical practice will naturally build heat in the body.

Revive and Restore – a perfect class for the end of the week, combining a gentle asana practice with restorative poses to de-stress. Restorative poses are passive, designed to adjust the nervous system and rest the adrenal glands, enabling the body to move towards balance.

Tai Chi - is a healing martial art that combines many martial arts movements with Qi (energy) circulation, breathing, and stretching techniques. Improve balance, agility, strength and coordination with this ancient form of martial arts.

Vinyasa Flow - a fluid approach to yoga where movement and breath merge to create a creative and free form style of yoga. Recommended for students who have practiced Hatha Yoga and are interested in exploring a more movement-oriented class. Builds strength, endurance and a strong focus.

Private Yoga Classes – one-to-one sessions designed to suit your particular needs held right here at our beautiful and peaceful studio. Please check availability.

Which class is right for me?

No one should feel inhibited from joining any class. However, safety is paramount. Therefore, before moving 'up' a class, check with your teacher. Please be sure to let your teacher know before class if you have any form of injury or serious illness, or if you are pregnant or have recently had a baby.