



## Yoga Studios

Two beautiful light filled studios tucked away in a peaceful courtyard - the perfect place to practice yoga.

## Workshops & Events

Guest teachers offering the finest in their field. These are a great way to take time out, deepening your awareness and practice or explore something new and interesting - take your practice to the next level.

## Private Sessions

Individual and small group sessions personalised to meet your specific needs

## Teacher Training

One of the most thorough, current, and hands-on teacher training programs in the area - deepening your understanding and practice of yoga, and provides a qualification to start teaching.

## Corporate Events

Start a wellbeing revolution where you work with onsite classes and team wellbeing events.

## Retreats

Taking time out of 'life' to reflect, refresh, and rejuvenate with like-minded people - food for the body, mind and soul.



## Goa Retreat

25 January 2019

Speak to front desk for details

## Welcome to Whitespace Yoga & Wellbeing Studio!

With a friendly atmosphere, top teachers and beautiful, light filled studios - Whitespace is the best place for you to start and practice Yoga and Pilates.

Offering over 50 classes a week with many different styles for all levels and abilities - helping you to keep in shape, feel good about yourself, relax and feel healthier. We're open every day including evenings and weekends, so whatever your schedule, Whitespace can work for you.



### Whitespace Yoga & Wellbeing Studio

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# Autumn 2018 Class Timetable



M	Tu	W	Th	F	Sa	Su
9.30-10.30 Yoga Flow Mixed	9.00-10.00 Pilates Mixed	9.30-10.30 Yoga Mixed	9.30-10.30 Yoga Flow Mixed	9.30-10.30 Pilates Mixed	8.30-9.45 Vinyasa Yoga Flow Mixed	7.00-9.00 Ashtanga Mysore Mixed
10.30 -11.30 Breathing Space All	9.30-10.30 Yoga Flow Mixed	10.30-11.15 Deep Relaxation All	10.30-11.30 Pilates Mixed	9.45-10.30 Meditation All	9.00 – 10.00 Pilates Mixed	9.00-10.15 Ashtanga Led Mixed
16.30-17.15 Mindfulness for Kids 6wk*	10.00-11.00 Yoga Level 1-2	11.30-12.45 Mum & Baby Yoga 6wk*	11.45-13.00 Mum & Baby Yoga 6wk	10.30-11.30 Yoga Mixed	10.00-11.00 Yoga Flow Mixed	10.30-11.30 Yoga Flow Mixed
17.45-18.45 Vinyasa Yoga Flow Level 2	10.30-11.30 Yin Yoga All	18.00-19.00 Yoga Flow Mixed	18.00-19.15 Yoga Flow Mixed	11.40-12.40 Restorative All	11.00-12.00 Recharge & Restore All	11.30-12.30 Yin All
18.00-19.00 Yoga Level 1-2	18.00-19.00 Yoga Flow Mixed	18.15-19.15 Yoga Level 1-2	18.15-19.15 Yin Yoga All	18.00-19.00 Flow & Restore Yoga Mixed	12.30-14.00 Dynamic Flow Mixed* (Monthly)	18.00-20.30 Blissfest All* (Monthly)
18.45-19.45 Pilates Mixed	18.15-19.15 Introduction to Yoga 4wk*	19.00-20.00 Pilates Mixed	19.15-20.15 Pregnancy Yoga 6wk*	18.00-19.30 Staying Mindful Practice Group Mixed* (Monthly)	14.30-16.00 Family Yoga 5-15yrs All* (Monthly)	
19.00-20.00 Pregnancy Yoga 6wk*	19.00-21.00 Mindfulness 8wk*	20.00-21.00 Introduction to Mindfulness 4wk*	19.15-20.00 Meditation All			
19.45-20.45 Introduction to Yoga 4wk*	19.00-20.00 Yin Yoga All	20.00-21.00 Introduction to Pilates 4wk*	20.00-21.00 Yoga Mixed			
20.00-21.00 Flow & Restore Yoga Mixed	19.15-20.15 Yoga Level 1-2					
	20.00-21.00 Yoga Flow Mixed					
	20.15-21.00 Deep Relaxation All					

\* Events with limited spaces, must be pre-booked. See website for info and prices.

### Standard Drop-In Class Prices

- Membership from £39 per month
- 10 Class Pass £100
- Drop in 'pay-as-you-go' £12

### NEW to Whitespace?

Intro Special £20

- 14 days Unlimited Drop-In Classes
- 15min Wellbeing Consultation

### NEW to Practice? \* BEST DEAL \*

Beginners Special £59 (value £89)

- 4hr Introduction Course
- 14 days Unlimited Drop-In Classes
- 15min Wellbeing Consultation
- 2 Guest Passes
- 10% off Mat Purchase
- 1 month Free with 12 month Membership / 1 month Half Price with 4 month Membership