

Quick Guide to the Weekly Schedule

Beginner Classes

(for all levels of beginners, Yin & Restorative are also suitable for beginners)

Monday 19.00	Tuesday 09.30 & 19.30
Wednesday 09.30	Thursday 9.00 & 19.30
Saturday 11.00 & 12.30	Sunday 16.30

Advanced Beginners and Intermediate Classes

(for experienced beginners to advanced students)

Monday 09.30 & 19.30	Wednesday 07.00 & 19.30
Thursday 09.30 & 20.00	Friday 12.30
Saturday 09.00, 10.00 & 12.30	Sunday 10.00 & 16.30

Yin Classes

(also suitable for beginners, pregnant women and those with injuries)

Tuesday 17.30	Wednesday 20.00
Friday 09.30	Sunday 10.30

Meditation

(suitable for anyone, non-religious)

Sunday 09.00

Class Definitions:

- **Beginner classes** are for complete novices or those seeking a lighter workout, you can join these classes regardless of your level of fitness or experience. More time is spent on how poses are done and on how to activate the body.
- **Advanced Beginner classes** are for experienced beginners wanting more of a challenging class (some yoga experience is assumed), these classes give more of a strength and cardio workout.
- **Intermediate classes** are suitable for intermediate to advanced students, these are the strongest classes we offer so be prepared to work up quite a sweat!
- **Restorative classes** are more energetic than Yin but more energising rather than exhausting. They will focus on poses which invigorate your immune system, stretch out the aches and pains of the week and increase circulation throughout your body.
- **Yin classes** involve deep stretches which open the body and work the internal organs, suitable for all levels and excellent for anyone wanting to improve their flexibility. Yin classes are more calming and are less strenuous than other classes which also make them perfect for those with special conditions such as injuries.