

## STUDIO YOGA AUTUMN TERM TIMETABLE 2018: Mon Sept 3rd - Sat Dec 15th

Half term week for most classes: Oct 22nd - Oct 27th but please check with your teacher

To book classes - online: [studioyoga.co.uk](http://studioyoga.co.uk), email: [info@studioyoga.co.uk](mailto:info@studioyoga.co.uk) or call: 07764 949317 T: 01264 811158

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00-10.15 <b>Yoga for All</b> Mixed Ability Teacher: Tamsin Kelly	9.00-10.30 <b>Hatha Yoga</b> Intermediates Teacher: Tamsin Kelly	9.15-10.15 <b>Pilates</b> Beginners/Improvers Teacher: Mandy Robinson	8.30-9.30 <b>Yoga Express</b> Mixed Ability Teacher: Tamsin Kelly	9.30-11.00 <b>Iyengar Yoga</b> Mixed Ability Teacher: Carolyn Ryan	9.15-10.30 <b>Yoga Flow</b> Mixed Ability Teacher: Jo Wheeler
10.30-11.30 <b>Pilates</b> Over 70s Teacher: Mandy Robinson	10.50-11.50 <b>Pilates</b> Intermediate Teacher: Mandy Robinson	10.45-12.00 <b>Gentle Yoga</b> Beginners Teacher: Tamsin Kelly	9.45-11.15 <b>Hatha Yoga</b> Mixed Ability Teacher: Tamsin Kelly		11.00-1.00 (from 13/10) <b>Mindfulness Based Stress Reduction</b> Teacher: Dr Gail Loudon
11.45-12.45 <i>Studio available for 1:1 tuition</i>	12.00-1.00 <i>Studio available for 1:1 tuition</i>	12.15-1.15 <i>Studio available for 1:1 tuition</i>	11.30-12.30 <b>Pilates</b> Beginners Teacher: Anneli McCullagh	11.30-1.00/1.30 <b>Monthly Yoga workshops</b> Teacher: Tamsin Kelly	
1.00-2.30 <i>Studio available for 1:1 tuition</i>	1.00-2.30 <i>Studio available for 1:1 tuition</i>		12.40-1.40 <b>Pilates</b> Intermediate Teacher: Anneli McCullagh	1.00-2.00 <i>Studio available for 1:1 tuition &amp; workshops</i>	1.00-2.00 <i>Studio available for 1:1 tuition &amp; workshops</i>
		2.00-3.00 <i>Studio available for 1:1 tuition</i>	2.00-3.00 <i>Studio available for 1:1 tuition</i>	2.00-3.15 (07/09 & 14/09) <b>Pilates Induction</b> Teacher: Anneli McCullagh	2.00-3.00 <i>Studio available for 1:1 tuition &amp; workshops</i>
3.00-6.00 <i>Studio available for 1:1 tuition</i>	3.00-6.00 <i>Studio available for 1:1 tuition</i>	3.00-6.00 <i>Studio available for 1:1 tuition</i>	3.00-6.00 <i>Studio available for 1:1 tuition</i>	3.00-6.00 <i>Studio available for 1:1 tuition &amp; workshops</i>	3.00-6.00 <i>Studio available for 1:1 tuition &amp; workshops</i>
6.00-7.30 <b>Iyengar Yoga</b> Mixed Ability Teacher: Carolyn Ryan	6.00-7.00 <b>Yoga Express</b> Mixed Ability Teacher: Tamsin Kelly	6.00-7.15 (from 12/09/18) <b>Yoga for Healthy Lower Backs Course</b> Teacher: Tamsin Kelly			
7.45-8.45 <b>Pilates</b> Beginners/Improvers Teacher: Mandy Robinson	7.15-8.45 <b>Hatha Yoga</b> Mixed Ability Teacher: Tamsin Kelly		7.30-8.45 <b>Yoga for Beginners</b> Beginners Teacher: Belinda Middleton		

**Start/finish dates for each course may vary, so please check the website for the latest information**

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### **Prices and additional information:**

#### **YOGA (13 week term):**

Yoga Express: £97.50

All other general yoga classes: £117

Yoga for Healthy Lower Backs £195 (12 week programme, includes course materials)

Drop-in prices for Yoga: 60 minute classes: £10. All other classes: £12.

Monthly workshops £15 - £20, specialist workshops, see website for prices.

#### **PILATES:**

Pilates with Anneli: £140 (14 week term)

Pilates with Mandy: £130 (13 week term)

Drop-in prices for Pilates: £14 per session, Pilates for Seniors: £11. Pilates induction: £25.

#### **INDIVIDUAL TUITION FOR YOGA & PILATES**

**1-2 People:** £49 for a 60 minute session, £60 for 75 minutes.

Block of 3 60 minute classes paid in advance: £135 (all sessions to be taken within 8 weeks of payment)

**Small group (3-4 people):** £60 for a 60 minute session, £70 for a 75 minute session

Block of 3 60 minute classes paid in advance: £150 (all sessions to be taken within 8 weeks of payment)

#### **MINDFULNESS BASED STRESS REDUCTION:**

8 week course beginning on Saturday 13 October. Cost £245, includes course materials

**Start/finish dates for each course may vary, so please check the website for the latest information**