

## STUDIO YOGA AUTUMN TERM TIMETABLE 2019: Mon Sept 2nd - Mon Dec 16th

Half term week for most classes: Sat Oct 26th - Fri Nov 1st, but please check all dates 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 (starts Sept 9) <b>Yoga for All</b> Mixed Ability Teacher: Tamsin Kelly	9.00-10.30 (starts Sept 10) <b>Hatha Yoga</b> Intermediates Teacher: Tamsin Kelly	9.15-10.30 (starts Sept 11) <b>Vinyasa Flow</b> Mixed Ability Teacher: Kathryn Campling	9.15-10.45 <b>Hatha Yoga</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 Dowey
10.30-11.30 <b>Barre</b> (starts Sept 9) Mixed ability Teacher: Dani Jones	11.00-12.00 <i>Studio available for 1:1 tuition</i>	10.45-12.00 <b>Gentle Yoga</b> Non beginners Teacher: Tamsin Kelly	11.30-12.30 <b>Pilates</b> (starts Sept 12) Improvers Teacher: Martha Cook	11.30-1.30 <b>NEW COURSE</b> <b>Mindfulness</b> (starts Sept 27) Teacher: Dr Gail Loudon	
12.00-1.00 <i>Studio available for 1:1 tuition</i>	12.00-1.00 <i>Studio available for 1:1 tuition</i>	12.30-1.30 <b>Gentle Yoga</b> Beginners Teacher: Tamsin Kelly	12.45-1.45 <b>NEW COURSE</b> <b>Pilates</b> (starts Sept 19) 6 week beginners course Teacher: Martha Cook		
1.00-2.30 <i>Studio available for 1:1 tuition</i>	1.00-2.30 <i>Studio available for 1:1 tuition</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>	2.00-3.00 <i>Studio available for 1:1 tuition &amp; workshops</i>	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>	4.00-6.00 <i>Studio available for 1:1 tuition</i>	5.45-7.00 <b>NEW CLASS</b> <b>Restorative Yoga</b> **Monthly Sessions only Teacher: Tamsin Kelly	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 (starts Sept 10) <b>Yoga Express</b> Mixed Ability Teacher: Tamsin Kelly		6.15-7.15 <b>NEW COURSE</b> <b>Beginners Yoga</b> (starts Oct 3) 6 week course Teacher: Belinda Middleton		
	7.15-8.45 (starts Sept 10) <b>Hatha Yoga</b> Mixed Ability Teacher: Tamsin Kelly	9.15-10.30 <b>NEW CLASS</b> <b>Vinyasa Flow</b> (starts Sept 11) 6 week beginners course Teacher: Kathryn Campling	7.30-8.45 <b>Hatha Yoga</b> (starts Oct 3) 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 & ADDITIONAL INFORMATION:**

**YOGA: 75/90 minute classes:** 12 week courses - £108, 13 weeks - £117, 14 weeks - £126.

**60 minute classes with Tamsin:** £100 (13 weeks).

**6 week beginner courses with Kathryn and Belinda:** £48.

**YOGA FOR HEALTHY LOWER BACKS - 12 weeks:** £150 (excludes course materials)

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

**Day and half-day workshops:** see website for prices.

**PILATES: 13 week course:** £130.

**Drop-in prices for Pilates:** £14 per session.

**BARRE: 13 week course:** £130,

**Drop-in prices for Barre:** £14 per session.

**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 - 8 week course:** £245 (includes course materials)

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