

STUDIO YOGA TIMETABLE - SATURDAY APRIL 13 - MONDAY JULY 15 2024
Classes in person only (black classes) + in person and on Zoom (blue classes)
Click on the class to book online, sign up with your teacher or text/WhatsApp: 07764 949317

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.15-10.30 Hatha Yoga by the river* Mixed Ability Teacher: Tamsin Kelly	9.00-10.15 Hatha Yoga Intermediates Teacher: Tamsin Kelly	9.30-10.30 Yoga Flow Mixed ability Teacher: Kathryn Campling	9.15-10.30 Hatha Yoga Mixed Ability Teacher: Tamsin	9.15-10.45 Iyengar Yoga Mixed Ability Teacher: Carolyn	9.15-10.30 Yoga Flow Mixed ability Teacher: Jo	9.30-4.30 Yoga Foundation Course (monthly) Apr 7, May 12, Jun 9
10.45-12.00 Yoga by the river* Gentle/Beginners Teacher: Tamsin Kelly	10.45-12.00 Gentle Yoga For all Teacher: Tamsin Kelly		11.30-12.30 Pilates Mixed Ability Teacher: Bryony	11.30-12.30 Beginners Yoga Teacher: Tamsin Kelly		
12.30-1.15 1:1 Yoga Session <i>In person or online</i> Teacher: Tamsin Kelly	12.30-2.00 <i>Studio available for 1:1 tuition</i>	12.30-1.30 Pilates Beginners Teacher: Martha Cook		1.00-4.00 <i>Studio available for workshops and 1:1 tuition</i>	11.00-6.00 <i>Studio available for workshops and events</i>	
2.00-3.00 1:1 Yoga Session <i>In person or online</i> Teacher: Tamsin Kelly		2.00-4.00 <i>Studio available for 1:1 tuition</i>	2.00-4.00 <i>Studio available for 1:1 tuition</i>	1.30-4.30 Gary Carter Masterclass June 28 Anatomy for Yoga		4.00-5.30 Restorative Yoga July 14 Teacher: Tamsin
3.00-6.00 <i>Studio available for 1:1 tuition</i>	4.00-6.00 <i>Studio available for 1:1 tuition</i>	4.30-5.30 1:1 Yoga Session <i>In person or online</i> Teacher: Tamsin Kelly	4.30-5.30 1:1 Yoga Session <i>In person or online</i> Teacher: Tamsin			4.30-5.30 Monthly Sound Bath with Naomi June 23
	6.00-7.00 Hatha Yoga Mixed Ability Teacher: Tamsin Kelly					<i>1:1 classes can be either in person or online</i>
<i>*At Studio Yoga in April & May, and The Greyhound, Stockbridge from June</i>						

STUDIO YOGA SUMMER TIMETABLE - DROP IN SESSIONS MONDAY JULY 15 - SATURDAY AUGUST 31 2024

Classes in person only (black classes) + [in person and on Zoom \(blue classes\)](#)

Click on the class to book online, sign up with your teacher or text/WhatsApp: 07764 949317

Week of							
July 15	<p><i>Mon July 15</i> 9.15-10.30 Outdoor Yoga Mixed Ability Teacher: Tamsin Kelly</p>	<p><i>Mon July 15,</i> 10.45-12.00 Outdoor Gentle Yoga For all Teacher: Tamsin Kelly</p>		<p><i>Wed July 17</i> By appointment 1:1 Yoga Tuition All levels Teacher: Tamsin Kelly</p>	<p><i>Thurs July 18,</i> 11.30-12.30 Pilates Mixed Ability Teacher: Bryony Blazeby</p>	<p><i>Fri July 19</i> 9.30-11.00am Iyengar Yoga Mixed Ability Teacher: Carolyn Ryan</p>	<p><i>Sat July 20</i> 9.15-10.30 Yoga Flow Mixed ability Teacher: Jo Carey</p>
July 22	<p><i>Tues July 23</i> 9.00-10.15 Hatha Yoga Intermediates Teacher: Tamsin Kelly</p>	<p><i>Tues July 23</i> 10.45-12.00 Gentle Yoga For all Teacher: Tamsin Kelly</p>	<p><i>Tues July 23</i> 6.00-7.00pm Evening Yoga Mixed Ability Teacher: Tamsin Kelly</p>	<p><i>Wed July 24</i> By appointment 1:1 Yoga Tuition All levels Teacher: Tamsin Kelly</p>	<p><i>Thurs July 25</i> 9.15-10.30am Hatha Yoga Mixed Ability Teacher: Tamsin Kelly</p>	<p><i>Fri July 26</i> 9.30-11.00am Iyengar Yoga Mixed Ability Teacher: Carolyn Ryan</p>	<p><i>Sat July 27</i> 9.15-10.30 Yoga Flow Mixed ability Teacher: Jo Caley</p>
July 29					<p><i>Thurs Aug 1</i> 9.15-10.30am Hatha Yoga Mixed Ability Teacher: Tamsin Kelly</p>	<p><i>Fri Aug 2</i> 9.30-11.00am Iyengar Yoga Mixed Ability Teacher: Carolyn Ryan</p>	<p><i>Sat Aug 3</i> 9.15-10.30 Yoga Flow Mixed ability Teacher: Jo Caley</p>
Aug 5	<p><i>Tues Aug 6</i> 9.00-10.15am Hatha Yoga Intermediates Teacher: Tamsin Kelly</p>	<p><i>Tues Aug 6</i> 10.45-12.00 Gentle Yoga For all Teacher: Tamsin Kelly</p>	<p><i>Tues Aug 6</i> 6.00-7.00pm Evening Yoga Mixed Ability Teacher: Tamsin Kelly</p>	<p><i>Wed Aug 7</i> By appointment 1:1 Yoga Tuition All levels Teacher: Tamsin Kelly</p>	<p><i>Thurs Aug 8</i> 9.15-10.30am Hatha Yoga Mixed Ability Teacher: Tamsin Kelly</p>	<p><i>Fri Aug 9</i> 9.30-11.00am Iyengar Yoga Mixed Ability Teacher: Carolyn Ryan</p>	
Aug 12	<p><i>Tues Aug 13</i> 9.00-10.15am Hatha Yoga Intermediates Teacher: Tamsin Kelly</p>	<p><i>Tues Aug 13</i> 10.45-12.00 Gentle Yoga For all Teacher: Tamsin Kelly</p>	<p><i>Tues Aug 13</i> 6.00-7.00pm Evening Yoga Mixed Ability Teacher: Tamsin Kelly</p>	<p><i>Wed Aug 14</i> By appointment 1:1 Yoga Tuition All levels Teacher: Tamsin Kelly</p>	<p><i>Thurs Aug 15</i> 9.15-10.30am Hatha Yoga Mixed Ability Teacher: Tamsin Kelly</p>	<p><i>Fri Aug 16</i> 10.30-3.00pm Yoga Retreat Day at Houghton Lodge Teacher: Tamsin Kelly</p>	
Aug 19	<p><i>Tues Aug 20</i> 9.00-10.15am Hatha Yoga Intermediates Teacher: Tamsin Kelly</p>	<p><i>Tues Aug 20</i> 10.45-12.00 Gentle Yoga For all Teacher: Tamsin Kelly</p>	<p><i>Tues Aug 20</i> 6.00-7.00pm Evening Yoga Mixed Ability Teacher: Tamsin Kelly</p>	<p><i>Wed Aug 21</i> By appointment 1:1 Yoga Tuition All levels Teacher: Tamsin Kelly</p>	<p><i>Thurs Aug 22</i> 9.15-10.30 Hatha Yoga Mixed Ability Teacher: Tamsin Kelly</p>		