

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10AM (1.5hrs)	9.15AM (1.5hrs)	10AM (1.5hrs)	10AM (1.5hrs)	9.15AM (1.5hrs)	8AM (1.5hrs)	9.30AM (1hr)
General Yoga with Sarasvati	General Yoga with Sarasvati	Mindfulness Yoga with Danni	General Yoga with Lil	General Yoga with Danni	Rise and Shine Yoga with Jivana	Meditation with Sarasvati
11.45AM (1hr)	11AM (1hr)	11AM (1hr)		11AM (1.5hrs)	10AM	10.30AM (1.5hrs)
9 WEEK COURSE Chair Yoga with Sarasvati See panels for dates.	STUDIO ONLY 6 WEEK COURSE Learn Still-Mind Meditation with Mataji See panels for dates.	ONLINE ONLY 6 WEEK COURSE Learn Still-Mind Meditation with Mataji See panels for dates.		Renew & Restore Yoga with Danni	Workshops and Yoga Teacher Training	General Yoga with Sarasvati
6.15PM (1hr)	2PM (1.5hrs)	6PM (1.5hrs)	6PM (1hr)	<div style="border: 1px solid green; padding: 10px;"> <p>Learn Still-mind Meditation: 6 Week Course Online course: Starts Wednesday 28th April. Studio course: Starts Tuesday 18th May and Thursday 20th May.</p> <p>Beginner's Yoga: 4 Week Course Starts: Thursday 15th July. Keep your eyes open for our 3-hour Beginner's Workshops too.</p> <p>Chair Yoga: 9 Week Course Starts: Monday 12th July.</p> </div>		12PM (3hrs)
Yin Yoga with Andrea	Renew & Restore Yoga with Lil	Slow Flow Yoga with Danni	STUDIO ONLY 4/6 WEEK COURSE Beginner's Yoga/ Learn to Meditate See panels for dates.			6 MONTH COURSE Meditation Teacher Training
7.30PM (1.5hrs)	6PM (1.5hrs)	7PM (1hr)	7.15PM (1.5hrs)			3.30PM (1hr)
ONLINE ONLY General Yoga with Sarasvati	General Yoga with Lil	ONLINE ONLY 6 WEEK COURSE Learn Still-Mind Meditation with Mataji See panels for dates.	General Yoga with Danni	STUDIO ONLY Sunday Smoothie Yoga with Danni	5PM (1.5hrs)	
					General Yoga with Danni	

Classes and courses run via Zoom and at the studio simultaneously unless otherwise stated. Please enquire as to teacher training options.