

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