

Clarence House Therapy Centre Classes – Yoga, Pilates and Tai Chi

We have two studios: **First Floor Iyengar Studio** and **Ground Floor General Studio**

Monday	Tuesday	Wednesday	Thursday	Friday
9.30am – 11am Yoga – Beginners/Improvers Judith Van Dop		9.30am – 10.30am Pilates – Mixed Ability Hannah Nunes	9.30am – 10.30am Tai Chi Movements for Wellbeing - Mixed Ability Kate Binnie	9am – 10am Pilates – Mixed Ability Hannah Nunes
	10am – 11am Yoga – Mixed Ability Tracey Wearnes	10am – 11am Yoga – Mixed Ability Rachel Abbott	10am – 11.15am Yoga – Mixed Ability Tracey Wearnes	9.45am – 10.45am Yoga – Recuperative Judith Van Dop
	10am – 11am Tai Chi for Health Rachel Grande			10.15am – 11.15am Pilates – Mixed Ability Hannah Nunes
		11.30am – 12.30pm Yoga – Over 50s Rachel Abbott		11.15am – 12.15pm Yoga – Over 50's Rachel Abbott
12.00pm – 1.15pm Pilates - zoom and studio based Zelah Morrall				
1.30pm – 3pm Yoga – General Judith Van Dop	2pm – 3.15pm Yoga – Foundation Judith Van Dop		1.30pm – 3pm Yoga – General Judith Van Dop	1pm – 3pm Yoga – Intermediate Judith Van Dop
				4pm – 5.15pm Yoga – General Lucy Aldridge
6pm – 7.15pm Yoga – Mixed Ability Rachel Abbott		5.45pm – 6.45pm Pilates - Dynamic Hannah Nunes	6pm – 7pm SOMA Breathwork Joseph Rossi *starts 22/6	5.45pm – 6.45pm Yoga – General Lucy Aldridge
		6pm – 7.15pm Yoga – Beginners Emily West	6pm – 7.15pm Yoga – Mixed Ability Emily West	
	7pm – 8.30pm Yoga – Mixed Ability Judith Van Dop			

Classes at Clarence House

All classes need to be pre-booked directly with the teacher

For further information about individual classes, prices, and to book, please contact individual teachers

Yoga Teachers – First Floor Iyengar Studio

Beginners are welcome in mixed ability classes

For 1:1 tuition contact Judith or Lucy

Judith Van Dop

01736 360880

judithvandop@hotmail.com

Lucy Aldridge

07817 968936

lucy@lucyaldridge.com

Rachel Abbott

07568 592289

rachelbohadana@yahoo.co.uk

Tracey Wearnes

01736 732699

tracey.wearnes@gmail.com

Emily West

07970 184666

emily@itpz.com

Yoga Teachers – Ground Floor General Studio

Breathwork – Ground Floor General Studio

Joseph Rossi – SOMA Breathwork

breathe@thealive.life

See schedule and book: www.thealive.life/events

Insta: @alivelifebreath

Pilates Teachers – Ground Floor Studio

Zelah Morrall

07969 827849

zelah@penzancephysiopilates.co.uk

Hannah Nunes

07412 383569

hannahnunespilates@yahoo.com

Tai Chi – Ground Floor Studio

Tai Chi for Health

Rachel Grande

07500 320481

rachel-taichiforhealth@outlook.com

Tai Chi Movements for Wellbeing

Kate Binnie

07504 246829

kebinnie@hotmail.com