



# Yoga from 4<sup>th</sup> September

Monday	Level	Teacher
9.30am – 11.00am 11.15am – 12.15pm 1.00pm – 3.00pm 5.30pm – 6.45pm 7.00pm – 8.30pm	Beginners/Improvers Restorative General Mixed ability Mixed ability	Judith Judith Judith Rachel Suki
Tuesday		
9.30am – 11.00am ***11.15am – 12.15pm 1.30pm – 3.00pm ****7.00pm – 8.30pm	Mixed ability Mixed ability Mixed ability Mixed ability	Gillian Emily Judith Judith
Wednesday		
9.30am – 11.00am *****11.30am – 12.30pm (starts 13 <sup>th</sup> September) 4.00pm – 5.30pm 6.15pm – 7.45pm	Mixed ability Over 50s  Mixed ability Mixed ability	Rachel Rachel  Wendy Gillian
Thursday		
9.30am – 11.00am 2.00pm – 3.15pm ***5.45pm – 6.45pm (a 12 week course starts 14 <sup>th</sup> ) 7.00pm – 8.30pm	Mixed ability Therapy/low back pain Beginners  General	Tracey Judith Emily  Nick
Friday		
9.30am – 10.45am 11.15am – 12.15pm 1.00pm – 3.00pm ****5.45pm – 6.45pm	Restorative Over 50s Intermediate Mixed ability	Judith Rachel or Wendy Judith Emily

\*\*\*\*\* \*\*\*\*\* New Classes

**For more information regarding a class please contact the teacher or check our website. Yogaspacepenzance. All our teachers are Iyengar Yoga certified.**

Judith Van Dop	01736 360880	Gillian Kamali	01736 360559
Tracey Wearne	01736 732699	Rachel Bohadana	07568592289
Wendy Kennan	01736 799094	Nick Thomson	07984474298
Suki Gladstone	07818 051651	Emily West	07970184666

**For 1:1 tuition contact Judith Van Dop or Gillian Kamali**