



YOGA timetable

Monday	Level	Teacher
9.30am – 11.00am 11.15am – 12.15pm 1.00pm – 3.00pm 6.00pm – 7.30pm (Contact Rachel to book)	Beginners/Improvers Restorative General Mixed ability	Judith Judith Judith Rachel
Tuesday		
9.30am – 11.00am 11.15am – 12.15pm (starts 1May) 1.30pm – 3.00pm 7.00pm – 8.30pm	Mixed ability Beginners/Improvers Mixed ability Mixed ability	Gillian Emily Judith Judith
Wednesday		
9.30am – 11.00am 11.30am – 12.30pm 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 5.30pm – 6.45pm 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	Restorative Over 50s Intermediate	Judith Rachel Judith
Saturday		
8.30am – 9.30am 10am – 11.30am (from 21 April – 21 July)	General Mixed Ability	Lucy A collective of qualified teachers

For more information regarding a class please contact the teacher or check our website www.yogaspacpz.co.uk All our teachers are Iyengar Yoga certified.

Judith Van Dop	01736 360880	Gillian Kamali	01736 360559
Tracey Wearne	01736 732699	Rachel Bohadana	07568 592289
Wendy Kennan	01736 799094	Nick Thomson	07984 474298
Emily West	07970 184666	Lucy Aldridge	07817 968936

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