



THE YOGA SPACE 2019

Monday	Level	Teacher
9.30am – 11.00am 11.15am – 12.15pm 1.00pm – 3.00pm 6.00pm – 7.30pm* *Contact Rachel to book a space	Beginners/Improvers Restorative General Mixed ability	Judith Judith Judith Rachel
Tuesday		
9.30am – 11.00am 1.30pm – 3.00pm 7.00pm – 8.30pm	Mixed ability Mixed ability Mixed ability	Gillian Judith Judith
Wednesday		
9.30am – 11.00am 11.30am – 12.30pm 3.45pm – 5.15pm 6.15pm – 7.45pm	Mixed ability Over 50s Mixed ability Mixed ability	Rachel Rachel Maxine Gillian
Thursday		
9.45am – 11.00am 2.00pm – 3.15pm* *Pre-booked only 7.00pm – 8.30pm	Mixed ability Therapy/low back pain* General	Tracey Judith Nick
Friday		
9.30am – 10.45am 11.15am – 12.15pm 1.00pm – 3.00pm 6.00pm – 7.15 pm* * Contact Lucy to register	Restorative Over 50s Intermediate Yoga for healthy lower backs (12 week course starts 1 st Feb)	Judith Rachel Judith Lucy
Saturday		
8.30am – 9.30am 10.00am – 11.00am	General General	Lucy Lucy

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

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

For 1:1 tuition contact Judith, Gillian or Lucy

Beginners are very welcome in the mixed ability classes

Monthly workshops including Intermediate, restorative, pranayama and Over 50s - please contact Lucy or Rachel to find out more