



THE YOGA SPACE 2019

Monday	Level	Teacher
9.30am - 11.00am 11.15am - 12.15pm 1.00pm - 3.00pm 3.30pm - 4.30pm* 6.00pm - 7.30 pm* *Contact Rachel to book a space	Beginners/Improvers Restorative General Over 50s Mixed ability	Judith Judith Judith Rachel 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 5.30pm - 6.30pm 7.00pm - 8.30pm	Mixed ability Therapy/low back pain* Beginners General	Tracey Judith Nick Nick
Friday		
9.30am - 10.45am 11.15am - 12.15pm 1.00pm - 3.00pm 4.00pm - 5.15pm* * Starting again 3rd May 6.00pm- 7.15 pm* * Contact Lucy to register	Restorative Over 50s Intermediate Progressive Yoga for healthy lower backs * Pre-booked only	Judith Rachel Judith Maxine 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.yogaspacenzance.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
Maxine Lunn	07813 303685	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.