



YOGASPACEPZ Iyengar Yoga

Monday	Level	Teacher
9.30am – 11.00am 11.15am – 12.15pm 1.00pm – 3.00pm 6.00pm – 7.30 pm	Beginners/Improvers Restorative General Mixed ability	Judith Judith Judith Rachel
Tuesday		
9.30am – 11.00am 11.30am – 12.30pm 1.30pm – 3.00pm 7.00pm – 8.30 pm	Mixed ability Mixed ability Mixed ability Mixed ability	Gillian Emily Maxine Maxine
Wednesday		
9.30am – 11.00am 11.30am – 12.30pm 7.00pm – 8.30pm	Mixed ability Over 50s Mixed ability	Rachel Rachel Lucy
Thursday		
9.45am – 11.00am 2.00 pm – 3.15 pm* Needs to be pre booked 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 6.00pm – 7.15 pm* * Contact Lucy to register	Restorative Over 50s Intermediate Yoga for healthy lower backs	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.yogaspacepence.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
Emily West	07970 184666		

For 1:1 tuition contact Judith, Gillian, Lucy, Maxine or Wendy

Beginners are very welcome in the mixed ability classes.