



# YOGASPACEPZ Iyengar Yoga September

Due to the Covid-19 restrictions, class sizes have been reduced to maintain safe social distancing. The studio and its equipment will be cleaned before and after each class. All classes need to be booked with the teacher as there are no drop-in sessions.

Day	Level	Teacher
<b>Monday</b> 10.00am - 11.30am 1.00pm - 2.30pm 6.00pm - 7.30 pm	Beginners/Improvers General Mixed ability	Judith Judith Rachel
<b>Wednesday</b> 11.30am - 12.30pm	Over 50s	Rachel
<b>Friday</b> 9.30am - 10.30am 11.15am - 12.15pm 1.00pm - 3.00pm	Beginners Over 50s Intermediate	Rachel Rachel Rachel Judith

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

Judith Van Dop	01736 360880	Rachel Bohadana	07568 592289

**For 1:1 tuition contact Judith**

NB. Mixed ability classes are suitable for beginners.