

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		MINDFUL MOVEMENT YOGA with Jo Taylor 09:30 - 10:30			YOGA MOVEMENT with Jo Taylor 10:30 - 11:30	MEDITATION & MOVEMENT 1st & 3rd Sunday of the month with Anita Nathan 10:00 - 11:00
HATHA YOGA with Anita Nathan 10:00 - 11:00		MINDFUL MOVEMENT YOGA with Jo Taylor 10:45 - 11:45		HATHA YOGA with Kate Robb 10:00 - 11:00		
HATHA YOGA with Anita Nathan 11:15 - 12:15			GENTLE YOGA with Julie Miller 13:45 - 14:45		INTRODUCTION TO MINDFULNESS WORKSHOPS & MINDFULNESS COURSES with Jo Taylor * See posters around the centre for details *	
			YOGA MOVEMENT with Jo Taylor 17:45 - 18:45	CRYSTAL & REIKI GROUP SESSIONS 2nd & 4th Friday of the month with Kerry-Louise 18:30 - 17:30		
YOGA MOVEMENT with Jo Taylor 17:45 - 18:45	INFINITE TAI CHI WITH CHI KUNG BEGINNERS with Kerri Tew 18:30 - 19:15	YOGA with Urvi Vyas 18:00 - 19:00	YOGA MOVEMENT with Jo Taylor 19:00 - 20:00			
YOGA MOVEMENT with Jo Taylor 19:00 - 20:00	INFINITE TAI CHI WITH CHI KUNG STANDARD LEVEL with Kerri Tew 18:30 - 19:15			MINDFULLNESS MEDITATION GROUP 1st & 3rd Friday of the month with Jo Taylor 19:30 - 20:45		
		HATHA YOGA with Kate Robb 19:30 - 20:30				

Anita Nathan	01332 842 070	Urvi Vyas	07883 028 520
Kerri Tew	07834 763 554	Julie Muller	07521 912 961
Jo Taylor	07949 941 031	Kerry-Louise	07903 751 872
Kate Robb	07984 185 233		