

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		MINDFUL MOVEMENT YOGA with Jo Taylor 09:30 - 10:30	HATHA YOGA with Bel Harvey 09:30 - 10:30			
HATHA YOGA with Anita Nathan 10:00 - 11:00			BABY YOGA 8 WEEKS - CRAWLING with Bel Harvey 10:45 - 11:45	HATHA YOGA with Kate Robb 10:00 - 11:00	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 11:15 - 12:15				HATHA YOGA with Kate Robb 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			
YOGA MOVEMENT with Jo Taylor 17:45 - 18:45	INFINITE TAI CHI WITH CHI KUNG BEGINNERS with Kerri Tew 18:30 - 19:15		YOGA MOVEMENT with Jo Taylor 19:00 - 20:00	CRYSTAL & REIKI GROUP SESSIONS 2nd & 4th Friday of the month with Kerry-Louise 18:30 - 19:30		
YOGA MOVEMENT with Jo Taylor 19:00 - 20:00	INFINITE TAI CHI WITH CHI KUNG STANDARD LEVEL with Kerri Tew 18:30 - 19:15	HATHA YOGA with Kate Robb 19:30 - 20:30	FREESTYLE MOVEMENT EVOLUTION with Stuart Heald 20:15 - 21:15			

Anita Nathan

01332 842 070

Stuart Heald

07732 883 324

Kerri Tew

07834 763 554

Bel Harvey

07709 982 134

Jo Taylor

07949 941 031

Julie Muller

07521 912 961

Kate Robb

07984 185 233

Kerry-Louise

07903 751 872



The Bridge Centre
For Natural Health