

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	MINDFUL MOVEMENT YOGA with Jo Taylor 09:30 - 10:30	MINDFUL MOVEMENT YOGA with Jo Taylor 09:30 - 10:30			YOGA MOVEMENT with Jo Taylor 9:30 - 10:30	MEDITATION & MOVEMENT 1st Sunday of the month with Anita Nathan 10:00 - 11:00
HATHA YOGA with Anita Nathan 10:00 - 11:00				HATHA YOGA with Kate Robb 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	CRYSTAL HEALING & MEDITATION 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	VINYASA FLOW 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	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		