

YOGA CLASSES 2012

Pregnancy yoga starts **Wednesday 11 January** | Saturday classes start **14 January** | We're back with regular week day classes on **Monday 16 January**

MONDAY

HATHA FLOW YOGA

3.45 pm – 5.00 pm

All levels. Cultivate the breath with flowing sequences.

£12 drop-in. No need to book. With Julie
Friends Meeting House - Lower Hall.

CONTACT JULIE

HATHA FLOW YOGA

6.30 pm – 7.45 pm

All levels including beginners.
Cultivate the breath with flowing sequences.
* £65 for 7 weeks. With Sarah

Friends Meeting House - Lower hall.

CONTACT SARAH

HATHA FLOW YOGA

8.00 pm – 9.30pm

Level 2. For those with at least 6-months
regular yoga practice.

* £65 for 7 weeks. With Sarah.

Friends Meeting House - Lower hall.

CONTACT SARAH

TUESDAY

HATHA FLOW YOGA

7.00 pm – 8.15 pm

All levels. Cultivate the breath with flowing sequences.

* £65 for 7 weeks. With Sarah

Friends Meeting House - Lower Hall.

CONTACT SARAH

WEDNESDAY

PREGNANCY YOGA

5.00 pm – 6.15 pm

6.30 pm – 7.45 pm

8.00 pm – 9.15 pm

For pregnancy, labour and birth.

£60 for 5 session pass use over 7 wks. With Julie

Friends Meeting House, Lower Hall.

CONTACT JULIE

YOGA FOUNDATIONS

7.00 pm – 8.15 pm

All levels. Build the foundation of a safe yoga practice.

* £65 for 7 weeks. With Sarah.

Brandram Road Community Centre.

CONTACT SARAH

HATHA FLOW YOGA

8.30 pm – 9.45 pm

All levels. Cultivate the breath with flowing sequences.

* £65 for 7 weeks. With Sarah

Brandram Road Community Centre.

CONTACT SARAH

FRIDAY

MUMMY + ME YOGA

11.00 am – 12.15 pm

13.30 am – 2.45 pm

Newborn to pre-crawling.

Uplifting and fun classes for babes and their mums.

£65 for 6 session pass use over 7 wks. With Sarah.

Brandram Road Community Centre.

CONTACT SARAH

YOGA BY CANDLELIGHT

7.30 pm – 9.30 pm • Run Monthly

20 Jan | 17 Feb | 16 Mar | 20 Apr

18 May | 15 Jun 2012

All levels. The ultimate Friday night unwind.

Includes a 30 minute relaxation.

Booking recommended.

£20 per session with Julie & Sarah.

Brandram Road Community Centre.

CONTACT JULIE OR SARAH

SATURDAY

HATHA FLOW YOGA

9.45 am – 11.15 am

We're back on **Saturday 14th of January** 2012.

All levels. Join us for 90 minutes of breath-work (pranayama), postures (asana), relaxation and meditation. A multi-level class that is designed to allow individuals to practise in a way that is suitable for their own needs. The class includes both static postures and flowing sequences.

£12 drop-in. No need to book.

On going with Julie & Sarah

Brandram Road Community Centre.

CONTACT JULIE OR SARAH

PREGNANCY YOGA

11.30 am – 1.00 pm

We're back on **Saturday 14th of January** 2012.

For pregnancy, labour and birth.

£60 for 5 session pass use over 7 wks.

On going with Julie

Brandram Rd Community Centre.

CONTACT JULIE

SATURDAY CONT.

BIRTHING WORKSHOP WITH PARTNERS

2.00 pm – 4.00 pm

21 Jan | 17 Feb | 10 Mar | 14 Apr | 12 May

These sessions are designed to help prepare you and your birthing partner for the birth of your baby in an fun and informative way. Covering active birthing positions, breathing and visualization techniques, massage and ways your partner can support you in labour.

A min of 3 and max of 5 couples. £80 per couple.

With Julie. **Booking essential.**

Brandram Road Community Centre.

VENUES

Brandram Road Community Centre,

Brandram Road, SE13 5RT

(10mins walk from Blackheath Station.)

Free car park at rear of centre)

The Friends Meeting House (Quaker House),

Lower Hall, Access to the Lower Hall is via

Independents Road,

Blackheath Village, SE3 9LF

(2 mins walk from Blackheath Station)

* **Flexible attendance option.**

It may be possible to join a course after the start date.

Treat yourself to a
NEW MOTHER GIFT BOX
which includes a range of organic and
natural products especially selected for
mums to be and new mums.

Perfect for pampering, it includes:
massage oil, lavender essential oil and
our favourite, mothers balm which helps
prevent stretch marks.

**At Neal's Yard Remedies,
Blackheath Village**

Open: Mon – Sat 10am – 6pm,
Thurs until 7pm, Sun 11am to 5pm.

To find out more about classes or to book please contact the teacher running the class that you are interested in.

Julie Adam: 07979 218 868 • info@yogaclassestwithjulie.co.uk • www.yogaclassestwithjulie.co.uk

Sarah Hanks: 07717 358 866 • sarah@practiceyoga.co.uk • www.practiceyoga.co.uk