

Winter Well-being & Detox Classes, Workshops and Day retreats

2nd Jan—6th Feb 2020

Mondays (@Serenity, Gboro) 6/1, 13/1, 20/1, 27/1, 3/2 see separate flyer for details

5:30 pm-6:30 pm Yoga for Weight Loss short course **£45** to be paid in advance

Wednesdays (@Serenity, Gboro) **£10** each to be paid in advance

5:15 pm-6:15 pm Stretch & Relax 8/1, 15/1, 22/1, 29/1, 5/2

6:30 pm-7:30 pm Ashtanga Half Led Primary Detox 8/1, 15/1

6:30 pm-7:30 pm Ashtanga Half Led Primary & part of Intermediate series 22/1

6:30 pm-7:30 pm Ashtanga Yoga Chandra Namaskar (Moon sequen.) 29/1, 5/2

Thursdays (@Serenity, Gboro)

4 pm-5 pm Relax and Restore 2/1, 9/1, 16/1, 23/1, 30/1, 6/2

Saturdays (@Sunnyfield House, Gboro) **£15** each to be paid in advance

10 am-12 pm Yoga Detox Boot Camp 4/1

10 am-12 pm Yoga for the January Blues 11/1

10 am-12 pm Yin Yoga, Traditional Chinese Medicine and the Heart & Lung Meridians 1/2

Saturday 25th January (@The Earthbeat Centre, Saltburn) **£45** incl. lunch

10 am-3pm Winter Wellbeing Day retreat to be paid in advance

Terms & Conditions

Pay £100 for unlimited Stretch and Relax, Relax and Restore and all Ashtanga Yoga classes (a potential saving of £60!). Valid when paid up front and non-redundable or exchangeable.

These classes will be the only classes running in January and February so are open to all.

Loyalty cards can be used for all classes and workshops but excluding courses and retreats

New term starts w/b 9th March 2020

To book, contact Emma on 07762 519068
or email emmaliveyoga@gmail.com