

# December Schedule

**2nd Dec—19th Dec 2019**

All classes to be booked and paid for in advance

<b>2nd Dec Monday</b>	(@Serenity, Gboro)	<b>£10</b>
5:30 pm-6:30 pm	Restorative Yoga Adrienne	
<b>4th Dec Wednesday</b>	(@Serenity, Gboro)	<b>£10</b>
5:15 pm-6:15 pm	Stretch and Relax	
<b>4th Dec Wednesday</b>	(@Serenity, Gboro)	<b>£10</b>
6:30 pm-7:30 pm	Ashtanga Yoga Chandra Namaskar (Moon sequence)	
<b>5th Dec Thursday</b>	(@Serenity, Gboro)	<b>£10</b>
4 pm-5 pm	Relax and Unwind	
<b>7th Dec Saturday</b>	(@Sunnyfield House, Gboro)	<b>£15</b>
10 am-12 pm	'Escape the Madness' workshop	

## Calm by Candlelight

<b>16th Dec Monday</b>	(@Serenity, Gboro)	<b>£10</b>
5:30 pm-6:30 pm	Calm Restorative	
<b>18th Dec Wednesday</b>	(@Serenity, Gboro)	<b>£10</b>
5:15 pm-6:15 pm	Calm Stretch	
<b>18th Dec Wednesday</b>	(@Serenity, Gboro)	<b>£10</b>
6:30 pm-7:30 pm	Calm Chandra Namaskar	
<b>19th Dec Thursday</b>	(@Serenity, Gboro)	<b>£10</b>
4 pm-5 pm	Calm before Christmas Centre and Unwind	

To book, contact Emma on 07762 519068  
or email [emmaliveyoga@gmail.com](mailto:emmaliveyoga@gmail.com)