

Emma Live Yoga

Emma Conally-Barklem BWY Teacher, Holistic Massage Therapist and Reiki Master

LIVE ONLINE Yoga Class Timetable (via free Zoom App)

To book, contact Emma on emmaliveyoga@gmail.com or use the **Contact Me** page on www.emmaliveyoga.com.

Monday		Dates
1-2 PM	Ashtanga-Inspired Total Body Yoga to Feel Good!	3/8, 10/8, 17/8, 24/8
Tuesday		
11-12 PM	Hatha Yoga for Good Health & Happiness	4/8, 18/8, 25/8
1-4:30 PM	Private Tuition	
Wednesday		
3-4 PM	Stretch, Breathe and Relax	5/8, 12/8, 19/8, 26/8
4:30-5:45PM	FREE Talk, Pranayama, Q&A Yoga, Grief and Me for CRUSE Bereavement Care Tyne & Wear	5/8
Thursday		
4-5PM	Yoga for Weight Loss	6/8, 13/8, 20/8, 27/8
Saturday		
11AM-12PM	Exploring Magical Asanas for Fun!	1/8
11AM-12PM	Summer Yoga Glow Flow	8/8
11AM-12PM	Egyptian Yoga and a Journey to Paradise	15/8
11AM-12PM	Yoga Zoo-Visiting the Animals of Yoga	22/8

Price: £5 PAYG or £30 for 6 classes (to be paid in advance).