

# YOGA CLASSES 2013

## MONDAY

### HATHA FLOWYOGA

6.45 pm – 8.00 pm

All levels including beginners.

Cultivate the breath with flowing sequences.

Block starts 8 April - £95 for 10 wks or £12 drop in\*.

Brandram Road Community Centre.

**CONTACT SARAH**

### HATHA FLOWYOGA

8.00 pm – 9.30pm

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

Block starts 8 April - £95 for 10 wks or £12 drop in\*.

Brandram Road Community Centre.

**CONTACT SARAH**

## WEDNESDAY

### PREGNANCY YOGA

6.00 pm – 7.10 pm

7.20 pm – 8.30 pm

For pregnancy, labour and birth.

Start anytime, £60 for 5 session pass use over 7 wks.

Booking essential. Classes on-going.

The Old Bakehouse Theatre.

**CONTACT JULIE**

### YOGA FOUNDATIONS

7.00 pm – 8.15 pm

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

Block starts 10 April - £95 for 10 wks or £12 drop in\*.

Brandram Road Community Centre.

**CONTACT SARAH**

### HATHA FLOWYOGA

8.30 pm – 9.45 pm

All levels. Cultivate the breath with flowing sequences.

Block starts 10 April - £95 for 10 wks or £12 drop in\*.

Brandram Road Community Centre.

**CONTACT SARAH**

## VENUES

Brandram Road Community Centre,

Brandram Road, SE13 5RT

(10mins walk from Blackheath Station).

**Free car park** at rear of centre)

The Old Bakehouse Theatre

Rear Of Age Exchange Reminiscence Centre

Bennett Park

Blackheath, SE3 9LA

(2 mins walk from Blackheath Station)

## FRIDAY

### MUMMY + ME YOGA

11.00 am – 12.15 pm

Newborn to pre-crawling.

Uplifting and fun classes for babes and their mums.

£65 for 6 session pass use over 7 wks.

With Julie.

Brandram Road Community Centre.

**CONTACT JULIE**

### YOGA BY CANDLELIGHT

7.30 pm – 9.30 pm • Run Monthly

19 Apr | 17 May | 21 Jun

No class July or August

20 Sept | 18 Oct | 15 Nov | 6 Dec 2013

All levels. The ultimate Friday night unwind.

Includes a 30 minute relaxation.

Booking recommended.

£20 per session with Julie and Sarah.

Brandram Road Community Centre.

**CONTACT JULIE OR SARAH**

## SATURDAY

### HATHA FLOWYOGA

9.45 am – 11.15 am

Please note classes will not run on holiday weekends;

4 May (BH), 25 May (BH), 24 Aug (BH) or

through out the month of August 2013.

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.

With Julie

Brandram Road Community Centre.

**CONTACT JULIE**

### PREGNANCY YOGA

11.30 am – 1.00 pm

For pregnancy, labour and birth.

Start anytime, £60 for 5 session pass use over 7 wks.

Classes on-going.

With Julie

Brandram Rd Community Centre.

**CONTACT JULIE**

## BIRTHING WORKSHOP WITH PARTNERS

2.00 pm – 4.00 pm

11 May | 8 Jun | 12 Jul | 9 Aug

14 Sept | 12 Oct | 9 Nov 2013

These sessions are designed to help prepare you and your birthing partner for the birth of your baby in a fun and informative way. Covering active 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.

Private sessions £130.

With Julie. **Booking essential.**

Brandram Road Community Centre.

## WITH SARAH YOGA WEEKEND

Florence House, East Sussex

21 – 23rd FEBRUARY 2014

Retreat to the peace and quiet of Florence House (just 90 minutes by car from SE London).

The venue sits close to the sea on the edge of the Seven Sisters National Park.

The weekend will be a good mix of Yoga asana (postures), Pranayama (breath work), Meditation and Yoga Nidra (the deepest relaxation).

Along with complete relaxation and rejuvenation, you will also have the opportunity to experience silent walks, ask specific questions about your own practice or health and find out more about the subtle aspects of Yoga on and off the mat.

**Price Sharing:**

Standard price £329 for a shared room (twin/double/triple).

Single rooms may be available at a supplement

Included: All food, yoga & accommodation.

**CONTACT SARAH FOR DETAILS**

07717 358 866

sarah@practiceyoga.co.uk

## WITH JULIE YOGA WEEKEND

Ipsden, Oxfordshire

27 – 29th SEPTEMBER 2013

Just little over an hour by car or train from London join Julie at the charming Braziers Park for a weekend of yoga, relaxation and rejuvenation.

Suitable for all levels and includes; Four yoga sessions, accommodation and all meals and refreshments.

£225 per person camping.

£270 per person for a shared room.

£310 for a single room.

**CONTACT JULIE FOR DETAILS**

07979 218 868

info@yogaclasseswithjulie.co.uk

*\*subject to numbers it may be possible to join a course after the start date*

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@yogaclasseswithjulie.co.uk • www.yogaclasseswithjulie.co.uk**

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