Yogaworks teaching dates

**Pregnancy yoga – please scroll down for birthing sessions, mother& baby yoga and general yoga dates**

**February-March: £50 for 5 sessions**

|  |  |  |
| --- | --- | --- |
| **Mon 6.30-8pm** | **Tues 10-11.30** | **Wed 6-7.30pm** |
| 26th Feb | 27th Feb | 28th Feb |
| 5th March | 6th March | 7th March  |
| 12th March | 13th March | 14th March |
| 19th March | 20th March | 21st March |
| 26th March | 27th March | 28th March |

**April-May 2018: Monday £55 for 6 sessions (no class 7th May bank holiday); Tuesdays and Wednesdays £60 for 7 sessions**

|  |  |  |
| --- | --- | --- |
| **Mon 6.30-8pm** | **Tues 10-11.30** | **Wed 6-7.30pm** |
| 9th April | 10th April | 11th April |
| 16th April | 17th April | 18th April |
| 23rd April | 24th April | 25th April |
| 30th April | 1st May | 2nd May |
| No class | 8th May | 9th May |
| 14th May | 15th May | 16th May |
| 21st May | 22nd May | 23rd May |

**June-July 2018: £60 for 7 sessions**

|  |  |  |
| --- | --- | --- |
| **Mon 6.30-8pm** | **Tues 10-11.30** | **Wed 6-7.30pm** |
| 4th June | 5th June | 6th June |
| 11th June | 12th June | 13th June |
| 18th June | 19th June | 20th June |
| 25th June | 26th June | 27th June |
| 2nd July | 3rd July | 4th July |
| 9th July | 10th July | 11th July |
| 16th July | 17th July | 18th July |

**Birthing sessions**

|  |  |
| --- | --- |
| **Sundays 10.30-1.30pm** | **Early bird booking deadline – cost rises from £45 to £55 if booked after these dates** |
| 18th March | 4th March |
| 22nd April | 8TH April |
| 20th May | 6th May |
| 24th June | 10th June |

**Mother & baby yoga**

**Tuesdays 11.45-1.15pm from newborn up to 6 months**

**Thursdays 10-11.30 for babies from 3-4 months to crawling**

**Thursdays 12-1.30pm from newborn up to 4 months**

**Feb-March: £50 for 5 sessions**

**w/c Feb 26th and w/c March 5th, 12th, 19th and 26th**

**April-May: £60 for 6 sessions**

**w/c April 16th, 23rd, 30th and w/c May 7th, 14th and 21st**

**June-July: £60 for 6 sessions**

**w/c June 4th, 11th, 18th, 25th and w/c July 2nd and 9th**

**General yoga**

**All these sessions can be paid for on a casual basis at £10 per class (you can pay cash in class) but it is usually more cost effective to do a termly or half termly booking. You can use your prepaid sessions in any combination you wish within the term/half term that you have booked for. Concessions are available on request.**

**January-March 2018: Mondays and Wednesdays £95 for 11 sessions; Fridays £90 for 10 sessions**

**Half term enrolments also available:**

**Jan-Feb £55 for 6 sessions**

**Feb-March £50 for 5 sessions (Fridays £40 for 4 sessions)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Mon 10.30am-12** | **Wed 10am-11.30** | **Thurs 7.30-9pm** | **Fri 10.30am-12** |
| 8th Jan | 10th Jan | 11th Jan | 12th Jan |
| 15th Jan | 17th Jan | 18th Jan | 19th Jan |
| 22nd Jan | 24th Jan | 25th Jan | 26th Jan |
| 29th Jan | 31st Jan | 1st Feb | 2nd Feb |
| 5th Feb | 7th Feb | 8th Feb | 9th Feb |
| 12th Feb | 14th Feb | 15th Feb | 16th Feb |
| **no classes w/c 19th Feb** |  |  |  |
| 26th Feb | 28th Feb | 1st March | 2nd March |
| 5th March | 7th March | 8th March | 9th March |
| 12th March | 14th March | 15th March | 16th March |
| 19th March | 21st March | 22nd March | 23rd March |
| 26th March | 28th March | 29th March | No class (Good Friday) |

**April –July 2018: Mondays and Fridays £105 for 13 sessions; Wednesdays £110 for 14 sessions; Thursdays £100 for 12 sessions**

**Half term enrolments also available:**

**April-May Mondays and Thursdays £55 for 6 sessions; Wednesdays and Fridays £60 for 7 sessions**

**June-July Mondays and Wednesdays £60 for 7 sessions; Thursdays and Fridays £55 for 6 sessions**

|  |  |  |  |
| --- | --- | --- | --- |
| **Mon 10.30am-12** | **Wed 10am-11.30** | **Thurs 7.30-9pm** | **Fri 10.30am-12** |
| 9th April | 11th April | No class | 13th April |
| 16th April | 18th April | 19th April | 20th April |
| 23rd April | 25th April | 26th April | 27th April |
| 30th April | 2nd May | 3rd May | 4th May |
| No class | 9th May | 10th May | 11th May |
| 14th May | 16th May | 17th May | 18th May |
| 21st May | 23rd May | 24th May | 25th May |
| **No classes w/c 28th May** |  |  |  |
| 4th June | 6th June | 7th June | 8th June |
| 11th June | 13th June | 14th June | 15th June |
| 18th June | 20th June | 21st June | 22nd June |
| 25th June | 27th June | 28th June | 29th June |
| 2nd July | 4th July | 5th July | 6th July |
| 9th July | 11th July | 12th July | 13th July |
| 16th July | 18th July | No class | No class |