Yogaworks teaching dates

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

**Nov-Dec 2018: £55 for 6 sessions**

|  |  |  |
| --- | --- | --- |
| **Mon 6.30-8pm** | **Tues 10-11.30am** | **Wed 5.30-6.45pm** |
| 5th Nov | 6th Nov | 7th Nov |
| 12th Nov | 13th Nov | 14th Nov |
| 19th Nov | 20th Nov | 21st Nov |
| 26th Nov | 27th Nov | 28th Nov |
| 3rd Dec | 4th Dec | 5th Dec |
| 10th Dec | 11th Dec | 12th Dec |

**Birthing sessions**

|  |  |
| --- | --- |
| **Sundays 10.30-1.30pm** | **Early bird booking deadline – cost rises from £45 to £55 if booked after these dates** |
| 11th Nov | 28th Oct |

**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**

**Nov-Dec: £60 for 6 sessions**

**w/c Nov 5th, 12th, 19th, 26th and w/c Dec 3rd and 10th**

**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.**

**Nov-Dec: Mondays, Wednesdays and Fridays £55 for 6 sessions; Thursdays £50 for 5 sessions**

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| --- | --- | --- | --- |
| **Mon 10.30am-12** | **Wed 10am-11.30** | **Thurs 7.30-9pm** | **Fri 10.30am-12** |
| 3rd Sept | 5th Sept | 6th Sept | 7th Sept |
| 10th Sept | 12th Sept | 13th Sept | 14th Sept |
| 17th Sept | 19th Sept | 20th Sept | 21st Sept |
| 24th Sept | 26th Sept | 27th Sept | 28th Sept |
| 1st Oct | 3rd Oct | 4th Oct | 5th Oct |
| 8th Oct | 10th Oct | 11th Oct | 12th Oct |
| 15th Oct | 17th Oct | 18th Oct | No class |
| **No classes w/c 22nd and w/c 29th Oct** |  |  |  |
| 5th Nov | 7th Nov | 8th Nov | 9th Nov |
| 12th Nov | 14th Nov | 15th Nov | 16th Nov |
| 19th Nov | 21st Nov | 22nd Nov | 23rd Nov |
| 26th Nov | 28th Nov | 29th Nov | 30th Nov |
| 3rd Dec | 5th Dec | 6th Dec | 7th Dec |
| 10th Dec | 12th Dec | No class | 14th Dec |