Yogaworks teaching dates April-July 2019

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

**June-July: £40 for 4 sessions**

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| **Tues 10-11.30am** | **Wed 6-7.20pm** | **Wed 7.40-9pm** |
| 18th June | 19th June | 19th June |
| 25th June | 26th June | 26th June |
| **No class 2nd July** | **No class 3rd July** | **No class 3rd July** |
| 9th July | 10th July | 10th July |
| 16th July | 17th July | 17th July |

**September-October : Tuesday daytimes £60 for 6 sessions; Wednesday evenings £70 for 7 sessions**

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| --- | --- | --- |
| **Tues 10-11.30am** | **Wed 6-7.20pm** | **Wed 7.40-9pm** |
| No class 4th Sept | 4th September | 4th September |
| 10th  | 11th | 11th  |
| 17th | 18th | 18th |
| 24th | 25th | 25th |
| 1st October | 2nd October | 2nd October |
| 8th | 9th | 9th |
| 15th | 16th | 16th |

**November-Deember: £60 for 6 sessions**

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| **Tues 10-11.30am** | **Wed 6-7.20pm** | **Wed 7.40-9pm** |
| 5th November | 6th November | 6th November |
| 12th | 13th | 13th |
| 19th | 20th | 20th |
| 26th | 27th | 27th |
| 3rd December | 4th December | 4th December |
| 10th | 11th | 11th |

**Birthing sessions**

|  |  |
| --- | --- |
|  | **Early bird booking deadline – cost rises from £45 to £55 if booked after these dates** |
| **Thursday 6.30-9.30pm** | 22nd August |
| **Sunday 10.30-1.30pm** | 15th September |
| **Sunday 10.30-1.30pm** | 3rd November |
| **Sunday 10.30-1.30pm** | 8th December |

**Mother & baby yoga**

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

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

**June-July: £40 for 4 sessions**

**w/c June 18th & 25th ( no classes 4th July), w/c July 9th & 16th**

**September-October: £60 for 6 sessions**

**September 12th, 19th, 26th and October 3rd, 10th 17th**

**November-December: £60 for 6 sessions**

**November 7th, 14th, 21st, 28th and December 5th, 12th**

**Menopause yoga**

**£15 per session if booked 2 weeks before workshop date or £20 later bookings**

**Saturday workshops: 2-4pm at Swimworks on 29th June, 14th Sept, 12th Oct, 16th November**

**General yoga Summer term April-July 2019**

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| **Mon 10.30am-12****7-8.30pm (Women only )** | **Wed 10am-11.30** | **Thurs 7.30-9pm** | **Fri 10.30am-12** |
| 29th April | 1st May | 2nd May | 3rd May |
| No class 6th May (bank holiday) | 8th May | 9th May | 10th May |
| 13th May | 15th May | 16th May | 17th May |
| 20th May | 22nd May | 23rd May | 24th May |
| No classes w/c 27th May |  |  |  |
| 3rd June | 5th June | 6th June | No class 7th June |
| No classes 10th June | 12th June | No class | 14th June |
| 17th June | 19th June | 20th June | 21st June |
| 24th June | 26th June | 27th June | 28th June |
| 1st July No women only class in evening | 3rd July | 4th July | 5th July |
| No women only class in evening | 10th July | 11th July | 12th July |
| 15th July | 17th July | 18th July | No class 19th July |

**Autumn term September-December 2019**

**Mondays £105 for 13 sessions; Wednesdays £110 for 14 sessions; Thursdays & Fridays £100 for 12 sessions Or £10 casual**

**Half terms: Sept-Oct Mondays & Fridays £55 for 6 sessions; Wednesdays & Thursdays £65 for 7 sessions**

**Nov-Dec Mondays & Wednesdays £65 for 7 sessions; Thursdays £45 for 5 sessions; Fridays £55 for 6 sessions**

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| --- | --- | --- | --- |
| **Mon 10.30am-12****7-8.30pm (Women only )** | **Wed 10am-11.30** | **Thurs 7.30-9pm** | **Fri 10.30am-12** |
| No class 2nd Sept | 4th September | 5th September | 6th September |
| 9th | 11th | 12th | 13th |
| 16th | 18th | 19th | 20th |
| 23rd | 25th | 26th | 27th |
| 30th  | 2nd October | 3rd October | 4th October |
| 7th | 9th | 10th | 11th |
| 14th | 16th | 17th | No class |
| No classes w/c 21st Oct and w/c 28th Oct |  |  |  |
| 4th November | 6th November | No class 7th | 8th November |
| 11th | 13th | 14th | 15th |
| 18th | 20th | 21st | 22nd |
| 25th | 27th | 28th | 29th |
| 2nd December | 4th December | 5th December | 6th December |
| 9th | 11th | 12th | 13th |
| 16th | 18th | No class | No class |