Yogaworks teaching dates April-July 2019

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

**April-June: £60 for 6 sessions**

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| **Tues 10-11.30am** | **Wed 6-7.20pm** | **Wed 7.40-9pm** |
| 30th April | 1st May | 1st May |
| 7th May | 8th May | 8th May |
| 14th May | 15th May | 15th May |
| 21st May | 22nd May | 22nd May |
| **No class 28th May** | **no class 29th May** | **no class 29th May** |
| 4th June | 5th June | 5th June |
| 11th June | 12th June | 12th June |

**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 |  |

**Birthing sessions**

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| **Sundays 10.30-1.30pm** | **Early bird booking deadline – cost rises from £45 to £55 if booked after these dates** |
| 16th June | 2nd June |

**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**

**April-June: £60 for 6 sessions**

**w/c April 29th, w/c May 6th, 13th, 20th (no classes w/c 27th May), w/c June 3rd,10th**

**June-July: £40 for 4 sessions**

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

**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**

**Mondays and Fridays £85 for 9 sessions; Wednesdays £95 for 11 sessions; Thursdays £90 for 10 sessions**

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| **Mon 10.30am-12**  **Women only**  **7-8.30pm** | **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  Women only 7-8.15pm | 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 |