Yogaworks teaching dates August-December 2019

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

**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-December: £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**

|  |  |
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|  | **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**

**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 14th Sept, 12th Oct, 16th November**

**Well Woman yoga: Mondays 7-8.30pm**

**Mondays £105 for 13 sessions or £10 casual or mix & match with general yoga**

**General yoga: 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****Women only: 7-8.30pm** | **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 & 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 |