Yogaworks teaching dates

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

**Jan-Feb 2019: £55 for 6 sessions**

|  |  |  |
| --- | --- | --- |
| **Mon 6.30-8pm** | **Tues 10-11.30am** | **Wed 6.30-8pm** |
| 7th Jan | 8th Jan | 9th Jan |
| 14th Jan | 15th Jan | 16th Jan |
| 21st Jan | 22nd Jan | 23rd Jan |
| 28th Jan | 29th Jan | 30th Jan |
| 4th Feb | 5th Feb | 6th Feb |
| 11th Feb | 12th Feb | 13th Feb |

**Feb-April 2019: £45 for 5 sessions**

|  |  |  |
| --- | --- | --- |
| **Mon 6.30-8pm** | **Tues 10-11.30am** | **Wed 6.30-8pm** |
| 25th Feb | 26th Feb | 27th Feb |
| 4th March | 5th March | 6th March |
| 11th March | 12th March | 13th March |
| 18th March | 19th March | 20th March |
| 25th March | 26th March | 27th March |

**Birthing sessions**

|  |  |
| --- | --- |
| **Sundays 10.30-1.30pm** | **Early bird booking deadline – cost rises from £45 to £55 if booked after these dates** |
| 27th January  | 13th January |
| 17th March | 3rd March |

**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**

**Jan-Feb: £60 for 6 sessions**

**w/c Jan 7th, 14th, 21st, 28th, Feb 4th and 11th**

**Feb-April: £50 for 5 sessions**

**w/c Feb 25th, March 4th, 11th, 18th, 25th**

**General yoga All these sessions can be paid for on a casual basis at £10 per 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.**

**Spring term Jan-April 2019**

**£95 for 11 sessions or Jan-Feb half term £55 for six sessions and Feb-March half term £45 for 5 sessions**

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| --- | --- | --- | --- |
| **Mon 10.30am-12** | **Wed 10am-11.30** | **Thurs 7.30-9pm** | **Fri 10.30am-12** |
| 7th Jan | 9th Jan | 10th Jan | 11th Jan |
| 14th Jan | 16th Jan | 17th Jan | 18th Jan |
| 21st Jan | 23rd Jan | 24th Jan | 25th Jan |
| 28th Jan | 30th Jan | 31st Jan | 1st Feb |
| 4th Feb | 6th Feb | 7th Feb | 8th Feb |
| 11th Feb | 13th Feb | 14th Feb | 15th Feb |
| **No classes w/c 18th Feb** |  |  |  |
| 25th Feb | 27th Feb | 28th Feb | 1st March |
| 4th March | 6th March | 7th March | 8th March |
| 11th March | 13th March | 14th March | 15th March |
| 18th March | 20th March | 21st March  | 22nd March |
| 25th March | 27th March | 28th March | 29th March |