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-March 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 |

**April-June 2019: £60 for 6 sessions**

|  |  |
| --- | --- |
| **Tues 10-11.30am** | **Wed 6.30-8pm** |
| 30th April | 1st May |
| 7th May | 8th May |
| 14th May | 15th May |
| 21st May | 22nd May |
| **No class 28th May** | **no class 29th May** |
| 4th June | 5th June |
| 11th June | 12th June |

**Jun-July 2019: £50 for 5 sessions**

|  |  |
| --- | --- |
| **Tues 10-11.30am** | **Wed 6.30-8pm** |
| 18th June | 19th June |
| 25th June | 26th June |
| 2nd July | 3rd July |
| 9th July | 10th July |
| 16th July | 17th July |

**Birthing sessions**

|  |  |
| --- | --- |
| **Sundays 10.30-1.30pm** | **Early bird booking deadline – cost rises from £45 to £55 if booked after these dates** |
| 10th March | 24th Feb |
| 12th May | 28th April |

**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**

**April-June: £50 for 5 sessions**

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

**June-July: £50 for 5 sessions**

**w/c June 10th, 17th, 24th and w/c July 1st and 8th**

**Midlife yoga for the menopause**

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

**Saturday workshops: 1.30-3.30pm at Swimworks on:**

3rd March

30th March

27th April

25th May

**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 |

**Summer term April-July 2019**

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

**Half term payments only available for the Thursday evening classes: £45 for half term (five sessions) from w/c 29th April to w/c 3rd June (no classes w/c 27th May) and £45 for half term (5 sessions) from w/c 10th June to w/c 15th July ( no class 13th June)**

**New! Well woman yoga classes on Mondays 6.30-8pm from 29th April – these sessions can be mixed and matched with the other general yoga classes**

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| **Mon 10.30am-12****& Well Woman 6.30-8pm** | **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 class 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 | 3rd July | 4th July | 5th July |
| 8th July | 10th July | 11th July | 12th July |
| 15th July | 17th July | 18th July | No class 19th July |