Yogaworks teaching dates January-April 2020

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

**January-February 2020: £60 for 6 sessions**

|  |  |  |
| --- | --- | --- |
| **Tues 10-11.30am** | **Wed 6-7.20pm** | **Wed 7.40-9pm** |
| 7th Jan | 8th Jan | 8th Jan |
| 14th | 15th | 15th |
| 21st | 22nd | 22nd |
| 28th | 29th | 29th |
| 4th Feb | 5th Feb | 5th Feb |
| 11th | 12th | 12th |

**February-April: £60 for 6 sessions**

|  |  |  |
| --- | --- | --- |
| **Tues 10-11.30am** | **Wed 6-7.20pm** | **Wed 7.40-9pm** |
| 25th Feb | 26th Feb | 26th Feb |
| 3rd March | 4th March | 4th March |
| 10th | 11th | 11th |
| 17th | 18th | 18th |
| 24th | 25th | 25th |
| 31st | 1st April | 1st April |

**Birthing sessions**

|  |  |
| --- | --- |
|  | **Early bird booking deadline – cost rises from £45 to £55 if booked after these dates** |
| **Sunday 10.30-1.30pm** | 26th January 2020 |
| **Sunday 10.30-1.30pm** | 15th March |

**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**

**January-February 2020: £60 for 6 sessions**

**January 9th, 25th, 23rd, 29th and February 6th, 13th**

**February-March : £50 for 5 sessions**

**February 27th and March 4th, 11th, 18th, 25th**

**General yoga and Well Woman Yoga Spring term 2020**

**Jan-April whole term: Mondays & Wednesdays £100 for 12 sessions; Thursdays & Fridays £95 for 11 sessions**

**Jan-Feb half term: £55 for 6 sessions**

**Feb-April half term: Mondays & Wednesdays £55 for 6 sessions; Thursdays and Fridays £45 for 5 sessions**

|  |  |  |  |
| --- | --- | --- | --- |
| **Mon 10.30am-12**  **Well Woman: 7-8.30pm** | **Wed 10am-11.30** | **Thurs 7.30-9pm** | **Fri 10.30am-12** |
| 6th Jan | 8th Jan | 9th Jan | 10th Jan |
| 13th Jan | 15th Jan | 16th Jan | 17th Jan |
| 20th Jan | 22nd Jan | 23rd Jan | 24th Jan |
| 27th Jan | 29th Jan | 30th Jan | 31st Jan |
| 3rd Feb | 5th Feb | 6th Feb | 7th Feb |
| 10th Feb | 12th Feb | 13th Feb | 14th Feb |
| **No classes w/c 17th Feb** |  |  |  |
| 24th Feb | 26th Feb | 27th Feb | 28th Feb |
| 2nd March | 4th March | 5th March | 6th March |
| 9th March | 11th March | 12th March | 13th March |
| 16th March | 18th March | 19th March | 20th March |
| 23rd March | 25th March | 26th March | 27th March |
| 30th March | 1st April | No class | No class |