Yogaworks teaching dates

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

**Nov-Dec 2018: £55 for 6 sessions**

|  |  |  |
| --- | --- | --- |
| **Mon 6.30-8pm** | **Tues 10-11.30am** | **Wed 6.30-8pm** |
| 5th Nov | 6th Nov | 7th Nov |
| 12th Nov | 13th Nov | 14th Nov |
| 19th Nov | 20th Nov | 21st Nov |
| 26th Nov | 27th Nov | 28th Nov |
| 3rd Dec | 4th Dec | 5th Dec |
| 10th Dec | 11th Dec | 12th Dec |

**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: £60 for 7 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 |
| 1st April | 2nd April | 3rd April |
| 8th April | 9th April | 10th April |

**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**

**Nov-Dec: £60 for 6 sessions**

**w/c Nov 5th, 12th, 19th, 26th and w/c Dec 3rd and 10th**

**Jan-Feb: £60 for 6 sessions**

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

**Feb-April: £70 for 7 sessions**

**w/c Feb 25th, March 4th, 11th, 18th, 25th, April 1st and 8th**

**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.**

**Nov-Dec: Mondays, Wednesdays and Fridays £55 for 6 sessions; Thursdays £50 for 5 sessions**

|  |  |  |  |
| --- | --- | --- | --- |
| **Mon 10.30am-12** | **Wed 10am-11.30** | **Thurs 7.30-9pm** | **Fri 10.30am-12** |
| 5th Nov | 7th Nov | 8th Nov | 9th Nov |
| 12th Nov | 14th Nov | 15th Nov | 16th Nov |
| 19th Nov | 21st Nov | 22nd Nov | 23rd Nov |
| 26th Nov | 28th Nov | 29th Nov | 30th Nov |
| 3rd Dec | 5th Dec | 6th Dec | 7th Dec |
| 10th Dec | 12th Dec | No class | 14th Dec |

**Spring term Jan-April 2019**

**£105 for 13 sessions or Jan-Feb half term £55 for six sessions and Feb-April half term £60 for 7 sessions**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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 |
| 1st April | 3rd April | | 4th April | 5th April |
| 8th April | 10th April | | 11th April | 12th April |