



yogabeing : class timetable 2019

Yoga – Monday – 09.30-10.30 – The Clifton Centre
Yoga – Monday 18.15-19.15 – Chesterton Community Centre
Pilates – Tuesday 09.30-10.30 – The Clifton Centre
Qigong (Tai Chi) – Tuesday 10.45-11.45 - The Clifton Centre
Yoga – Wednesday – 09.30-10.30 - The Clifton Centre
Yoga – Wednesday – 18.15-19.15 - The Clifton Centre
Pregnancy Yoga* – Wednesday – 19.30-20.30 - The Clifton Centre
Yoga – Friday – 09.30-10.30 – Langford Village Community Centre

Class Pricing

Drop in / Weekly Pay = £8 per class daytime, £9 per class evening
4 consecutive week term = £29

Freedom Pass – as many classes as you wish in any 4 week period = £48

Pregnancy Yoga 4 consecutive weeks = £42

To check spaces, contact Elaine : 07917 453224 elaine@yogabeing.co.uk

Full details of classes and venues at www.yogabeing.co.uk

Elaine also offers Mindfulness Courses, Gong Sound Baths, Reiki and Hypnotherapy – see website for more information www.yogabeing.co.uk

