

**Classes Garden Studio in Bourne End**

**Online streaming available via Zoom twice a week.**

**Timetable for 2022 – All classes pre-paid per time @ £12.00 per class.**

**Monday Hatha, 9.30 – 10.30 am – Bourne End Garden Studio.**

**Monday Go Slow, Stretch & Somatic Movement, 11-12am – Bourne End Garden Studio.**

**Monday Hatha, 5.30-6.30pm – Bourne End Garden Studio.**

**Monday Hatha, 7-8pm – Bourne End Garden Studio.**

**Wednesday Morning Yoga for Men, 7-7.45am – Bourne End Garden Studio**

**Wednesday Hatha Flow, 9.30-10.30am – Bourne End Garden Studio**

**Wednesday Monthly Restorative, 7-8pm - Bourne End Garden Studio & via Zoom**

**Friday 9.30-10.30am, Hatha - Bourne End Garden Studio & via zoom.**

**Friday 11-12pm, Hatha - Bourne End Garden Studio**

**Other Options to access your yoga practice:**

**Private classes:** Great for extra attention to alignment & tailored to your needs. These can be enjoyed online or in the Garden Yoga Studio in Bourne End.

* Daytime practice between 9.30am & 4.30pm – £65.00 per hour, £75 for 1 hour 15
* Evening or weekend - £90.00 per hour
* Beginners Class: must be 1:15 minutes due to consultation and level of content.
* (24 hours’ notice required for cancellation or will be charged at full price).
* **Small group practice**: charged per person, dependent on numbers.
* **Corporate Classes:** Great for businesses to encourage balanced wellbeing within the workplace. Yoga classes can be personalised to suit the needs of a team regularly or as an individual bespoke class.

***Thank you for teaching me the most.***



Hatha Yoga Teacher

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