

**Classes in Holtspur & Garden Studio in Bourne End**

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

**Timetable for Autumn & Winter 2021 – 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, 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 Hatha Flow, 9.45am -11am @ Holtspur Scout Hut**

**Wednesday Monthly Restorative, 7-8pm - Bourne End Garden Studio & via Zoom (dates: 22nd September, 20th October, 24th November, 15th December).**

**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 – £55.00 per hour, £65 for 1 hour 15
* Evening or weekend - £80.00 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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