

Yoga with Rebecca (& Meditation with Will)

Timetable (Starting Monday 23rd March)

Welcome! We've created a programme so that you can join specific sessions or can combine them to create a longer practice. We look forward to seeing you for 15 minutes or 2 hours!

If you are looking for *Meditation and Relaxation*:

Morning Meditation: everyday Monday-Friday, 7.00-7.15 am

Lunchtime Relaxation: everyday Monday-Friday, 1.30-2.00 pm

Evening Meditation (iRest Yoga Nidra): Wednesday 9.00-9.30pm

If *Gentle Yoga* is what you need:

Gentle Morning Yoga: 7.20-8.00 am, Monday, Wednesday and Friday

Gentle Evening Yoga: 5.00-5.55 pm, Tuesday and Thursday

For those wanting to push a little further, *Hatha Flow*:

Morning Hatha Flow: 8.10-9.00 am, Monday, Wednesday and Friday

Evening Hatha Flow: 6.05-7.00 pm, Tuesday and Thursday

Saturday Refresh Yoga, 9.00-10.30 am, Saturday

And then of course ... end of the week *Yin/Restorative Yoga*

Friday 6.00 – 7.30pm

Day	Morning Meditation	Gentle Yoga	Hatha Flow	Lunch Time Relaxation	Gentle Yoga	Hatha Flow	One Off Sessions
Mon	7.00-7.15am	7.20-8.00 am	8.10 – 9.00 am	1.30-2.00pm			
Tues	7.00-7.15am			1.30-2.00pm	5.00 – 5.55pm	6.05 – 7.00pm	
Wed	7.00-7.15 am	7.20 – 8.00 am	8.10 – 9.00 am	1.30-2.00pm			Yoga Nidra (Meditation) 9.00-9.30pm
Thurs	7.00-7.15am			1.30-2.00pm	5.00 – 5.55pm	6.05 – 7.00pm	
Fri	7.00-7.15 am	7.20 – 8.00 am	8.10 – 9.00 am	1.30-2.00pm			Yin/Restorative 6.00– 7.30pm
Sat	Refresh Yoga 9.00-10.30 am						
Sun							
See website for additional 'pop-up' sessions							