

**Yoga & Meditation with Rebecca (& Will)**  
**River Room & Virtual Classes**  
**Timetable**

(6-Week Block – Monday 7<sup>th</sup> September – Saturday 17<sup>th</sup> October)

Day	Morning Meditation	Morning Gentle Yoga	Morning Hatha Flow	Evening Hatha Flow	One Off Sessions
Mon	7.00-7.15am (V)	7.20-8.15 am (V)		7.00 – 8.30pm (RR&V)	
Tues	7.00 – 7.30am (V)				
Wed				6.15 – 7.45pm (RR&V)	
Thurs	7.00-7.15am (V)		7.20 – 8.15am (V)		
Fri	7.00-7.30am (V)	10.00-11.30am (RR&V)			Yin/Restorative 6.00 – 7.30pm (V)
Sat					Saturday Refresh 9.00 – 10.30am (V)

Check <http://www.rebeccayoga.org.uk>  
for updates and links to YouTube recordings

## AT A GLANCE....

### If you are looking for *Meditation*:

Short Morning Meditation: Monday & Thursday 7.00-7.15am (VIRTUAL)

Extended Morning Meditation: Tuesday & Friday 7.00-7.30 am (VIRTUAL)

### If *Gentle Yoga* and/or *Yin/Restorative* is what you need:

Gentle Morning Yoga: Monday 7.20-8.15am (VIRTUAL),

Gentle Morning Yoga: Friday 10.00 – 11.30am (River Room & VIRTUAL)

Yin/Restorative Yoga: Friday, 6.00 – 7.30pm (VIRTUAL)

### For those wanting more of a physical challenge, *Hatha Flow*:

Morning Hatha Flow: Thursday 7.20 – 8.15am (VIRTUAL)

Evening Hatha Flow: Monday 7.00 – 8.30pm (River Room & VIRTUAL),

Wednesday 6.15 – 7.45pm (River Room & Virtual VIRTUAL)

Saturday Refresh Yoga: Saturday 9.00-10.30am (VIRTUAL)

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