

Yoga & Meditation with Rebecca (& Will)

Virtual Classes by Zoom Only

Timetable

Monday 16th November – Saturday 12th December

ZOOM LINK for ALL CLASSES (EXCEPT Yoga Nidra with Will)

<https://us02web.zoom.us/j/788605900> Passcode: 851423

Day	Morning Meditation	Morning Gentle Yoga	Morning Hatha Flow	Lunchtime Relaxation (Rebecca or Will)	Evening Gentle Yoga	Evening Hatha Flow	One Off Sessions
Mon	7.00-7.25am (Rebecca)	7.30-8.30am				7.00 – 8.15pm	Yoga Nidra with Will 8.45 – 9.30pm NOTE DIFFERENT ZOOM LINK*
Tues	7.00 – 7.25am (Will)						
Wed					5.00 – 6.00pm	6.15 – 7.30pm	
Thurs	7.00-7.25am (Rebecca)		8.00 – 9.00 am				
Fri	7.00-7.25am (Will)	10.00-11.30am		1.00 – 1.30pm			Yin/Restorative 6.00 – 7.30pm
Sat							Saturday Refresh 9.00 – 10.30am

***ZOOM LINK for Yoga Nidra with Will (Monday nights)**

<https://us02web.zoom.us/j/81340085337> Passcode: 890741

For updates and links to YouTube recordings please check

<http://www.rebeccayoga.org.uk>

AT A GLANCE....

If you are looking for *Morning Meditation*

Every weekday except Wednesday 7.00 – 7.25am

If you are looking for *Mediation/Relaxation (Yoga Nidra)*

Yoga Nidra with Will Monday 8.45 – 9.30pm

Yoga Nidra (Rebecca or Will) Friday 1.00 – 1.30pm

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

Gentle Morning Yoga: Monday 7.30 – 8.30am

Friday 10.00 – 11.30am

Gentle Evening Yoga: Wednesday 5.00 – 6.00pm

Yin/Restorative Yoga: Friday 6.00 – 7.30pm

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

Morning Hatha Flow: Thursday 8.00 – 9.00am

Evening Hatha Flow: Monday 7.00 – 8.15pm

Wednesday 6.15 – 7.30pm

Saturday Refresh Yoga: Saturday 9.00-10.30am

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