

Yoga & Meditation with Rebecca (& Will)

Virtual Classes by Zoom Only

Timetable

Monday 4th January – Saturday 13th February 2021

ZOOM LINK for ALL CLASSES <https://us02web.zoom.us/j/788605900> Passcode: 851423

Day	Morning Meditation	Morning Gentle Yoga	Morning Hatha Flow	Evening Gentle Yoga	Evening Hatha Flow	One Off Sessions
Mon	7.00-7.25am (Rebecca)	7.30-8.30am				Yoga Nidra with Will 8.30 – 9.15pm
Tues						
Wed					6.15 – 7.30pm	
Thurs			8.00 – 9.00 am			
Fri	7.00-7.25am (Will)	10.00-11.30am				Yin/Restorative 6.00 – 7.30pm
Sat						Saturday Refresh 9.00 – 10.30am

For updates and links to YouTube recordings please check
<http://www.rebeccayoga.org.uk>

AT A GLANCE....

At a Glance Schedule:

If you are looking for Morning Meditation

Monday & Friday: 7.00 – 7.25am

If you are looking for Evening Relaxation (Yoga Nidra)*

Yoga Nidra with Will Monday 8.30 - 9.15pm

*(payment by donation)

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

Morning Gentle Yoga: Monday 7.30 – 8.30am

Morning Gentle Yoga: Friday 10.00 – 11.30am

Evening 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: Wednesday 6.15 – 7.30pm

Saturday Refresh Yoga: Saturday 9.00-10.30am

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