

Yoga & Meditation with Rebecca (& Will)

Virtual Classes by Zoom Only

Timetable

Monday 22nd February – Saturday 3rd April 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	7.15 – 8.00am (Will)					iRest Yoga Nidra with varied teachers 8.00 – 8.30pm
Tues	7.00 – 7.25am (Rebecca)	7.30 - 8.30am				
Wed					6.15 – 7.30pm	
Thurs			7.30 – 8.30 am			
Fri	7.30- 8.00am (Will)	10.00- 11.30am				Yin/Restorative 6.00 – 7.30pm
Sat						Saturday Refresh 9.00 – 10.30am

*Please note that the link for Yoga Nidra on Monday nights is different:

<https://www.eventbrite.co.uk/e/weekly-irest-sessions-tickets-139625001137?aff=ebdsoporgprofile>

For updates and links to YouTube recordings please check

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

AT A GLANCE....

If you are looking for Morning Meditation:

Breath + Meditation with Will: Monday 7.15 - 8am (NEW- More details coming soon of Will's Meditation course focused on the Breath in the midst of everyday life)

Meditation with Rebecca: Tuesday 7.00 - 7.25am (NB changed from Monday)

Meditation with Will Friday: 7.30 - 8am (NB changed time)

If you are looking for Evening Relaxation:

iRest Yoga Nidra: Monday 8.00 - 8.30pm (*See below for new details)

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

Morning Gentle Yoga: Tuesday 7.30 – 8.30am (NB changed from Monday)

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 7.30 - 8.30am (NB changed time)

Evening Hatha Flow: Wednesday 6.15 – 7.30pm

Saturday Refresh Yoga: Saturday 9.00-10.30am

*iRest (Monday evenings)

We're collaborating with other iRest certified teachers to offer a weekly drop-in class on Monday evenings 8.00 - 8.30 pm. Each week will be a different teacher. These sessions are for everybody: beginners, those wanting to take their meditation further, and those wanting a shared meditation experience. Each session will be a unique opportunity to more fully experience the present moment, reaffirm your sense of purpose in life, cultivate a sense of inner well-being, and proactively engage in difficult feelings, emotions and beliefs. Please register here where you will receive further details.

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