

Yoga & Meditation with Rebecca (& Will)

Virtual Classes by Zoom + River Room Classes *****(V or RR)**

Timetable

Monday 19th April – Friday 28th May 2021

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

Passcode: 851423

Day	Morning Meditation	Morning Gentle Yoga	Morning Hatha Flow	Lunchtime Hatha Flow	Evening Hatha Flow	One Off Sessions
Mon	7.00 – 7.45am (Will) V	7.45 – 8.45am V				iRest Yoga Nidra with varied teachers 8.00 – 8.30pm V
Tues				12.30 – 2pm RR		
Wed					6.15 – 7.45 pm V/RR	
Thurs			7.30 – 8.30 am V			
Fri	7.30- 8.00am (Rebecca/ Will) V	10.00- 11.30am V/RR				Yin/Restorative 6.00 – 7.30pm V
Sat						Saturday Refresh 9.00 – 10.30am V

*Please note that the link for Yoga Nidra on Monday nights is different: Please book here <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>

SCHEDULE AT A GLANCE....

If you are looking for Morning Meditation:

Breath + Meditation with Will: Monday 7.00 – 7.45am (NB changed time) V

Meditation with Rebecca or Will Friday: 7.30 - 8am V

If you are looking for Evening Relaxation:

iRest Yoga Nidra: Monday 8.00 - 8.30pm V

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

Morning Gentle Yoga: Monday 7.45 – 8.45am V (NB changed back to Monday + time altered)

Morning Gentle Yoga: Friday 10.00 – 11.30am V/ + RR from 21st May

Evening Yin/Restorative Yoga: Friday 6.00 – 7.30pm V

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

Morning Hatha Flow: Thursday 7.30 - 8.30am V

Lunchtime Hatha Flow: Tuesday 12.30 – 2pm (NB New - RR only from 18th May)

Evening Hatha Flow: Wednesday 6.15 – 7.45pm V/ + RR from 19th May

Saturday Refresh Yoga: Saturday 9.00-10.30am V

*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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