Yogaworks teaching dates

**Pregnancy yoga – please scroll down for birthing sessions, mother& baby yoga and general yoga dates**

**June-July 2018: £60 for 7 sessions Tuesdays and Wednesdays; £55 for 6 sessions Mondays**

|  |  |  |
| --- | --- | --- |
| **Mon 6.30-8pm** | **Tues 10-11.30am** | **Wed 5.30-6.45pm** |
| 4th June | 5th June | 6th June |
| 11th June | 12th June | 13th June |
| 18th June | 19th June | 20th June |
| 25th June | 26th June | 27th June |
| No class | 3rd July | 4th July |
| 9th July | 10th July | 11th July |
| 16th July | 17th July | 18th July |

**Sept-Oct 2018: £60 for 7 sessions**

|  |  |  |
| --- | --- | --- |
| **Mon 6.30-8pm** | **Tues 10-11.30am** | **Wed 5.30-6.45pm** |
| 3rd Sept | 4th Sept | 5th Sept |
| 10th Sept | 11th Sept | 12th Sept |
| 17th Sept | 18th Sept | 19th Sept |
| 24th Sept | 25th Sept | 26th Sept |
| 1st Oct | 2nd Oct | 3rd Oct |
| 8th Oct | 9th Oct | 10th Oct |
| 15th Oct | 16th Oct | 17th Oct |

**Nov-Dec 2018: £55 for 6 sessions**

|  |  |  |
| --- | --- | --- |
| **Mon 6.30-8pm** | **Tues 10-11.30am** | **Wed 5.30-6.45pm** |
| 5th Nov | 6th Nov | 7th Nov |
| 12th Nov | 13th Nov | 14th Nov |
| 19th Nov | 20th Nov | 21st Nov |
| 26th Nov | 27th Nov | 28th Nov |
| 3rd Dec | 4th Dec | 5th Dec |
| 10th Dec | 11th Dec | 12th Dec |

**Birthing sessions**

|  |  |
| --- | --- |
| **Sundays 10.30-1.30pm** | **Early bird booking deadline – cost rises from £45 to £55 if booked after these dates** |
| 8th July | 24th June |
| 16th Sept | 2nd Sept |
| 14th Oct | 30th Sept |
| 11th Nov | 28th Oct |

**Mother & baby yoga**

**Tuesdays 11.45-1.15pm from newborn up to 6 months**

**Thursdays 10-11.30 for babies from 3-4 months to crawling**

**Thursdays 12-1.30pm from newborn up to 4 months**

**June-July: £60 for 6 sessions**

**w/c June 4th, 11th, 18th, 25th and w/c July 2nd and 9th**

**Sept-Oct: £60 for 6 sessions**

**w/c Sept 10th, 17th, 24th and w/c Oct 1st 8th and 15th**

**Nov-Dec: £60 for 6 sessions**

**w/c Nov 5th, 12th, 19th, 26th and w/c Dec 3rd and 10th**

**General yoga**

**All these sessions can be paid for on a casual basis at £10 per class (you can pay cash in class) but it is usually more cost effective to do a termly or half termly booking. You can use your prepaid sessions in any combination you wish within the term/half term that you have booked for. Concessions are available on request.**

**April –July 2018: Wednesdays £105 for 13 sessions; Thursdays £100 for 12 sessions; Mondays and Fridays £95 for 11 sessions**

**Half term enrolments also available:**

**April-May Wednesdays, Thursdays and Fridays £55 for 6 sessions; Mondays £50 for 5 sessions**

**June-July Wednesdays £60 for 7 sessions; Mondays and Thursdays £55 for 6 sessions; Fridays £50 for 5 sessions**

|  |  |  |  |
| --- | --- | --- | --- |
| **Mon 10.30am-12** | **Wed 10am-11.30** | **Thurs 7.30-9pm** | **Fri 10.30am-12** |
| 16th April | 18th April | 19th April | 20th April |
| 23rd April | 25th April | 26th April | 27th April |
| 30th April | 2nd May | 3rd May | 4th May |
| No class | 9th May | 10th May | 11th May |
| 14th May | 16th May | 17th May | 18th May |
| 21st May | 23rd May | 24th May | 25th May |
| **No classes w/c 28th May** |  |  |  |
| 4th June | 6th June | 7th June | 8th June |
| 11th June | 13th June | 14th June | 15th June |
| 18th June | 20th June | 21st June | 22nd June |
| 25th June | 27th June | 28th June | No class |
| No class | 4th July | 5th July | 6th July |
| 9th July | 11th July | 12th July | 13th July |
| 16th July | 18th July | No class | No class |

**September-December 2018: Mondays, Wednesdays £105 for 13 sessions; Thursdays and Fridays £100 for 12 sessions**

**Half term enrolments also available:**

**Sept-Oct: Mondays, Wednesdays and Thursdays £60 for 7 sessions; Fridays £55 for 6 sessions**

**Nov-Dec: Mondays, Wednesdays and Fridays £55 for 6 sessions; Thursdays £50 for 5 sessions**

|  |  |  |  |
| --- | --- | --- | --- |
| **Mon 10.30am-12** | **Wed 10am-11.30** | **Thurs 7.30-9pm** | **Fri 10.30am-12** |
| 3rd Sept | 5th Sept | 6th Sept | 7th Sept |
| 10th Sept | 12th Sept | 13th Sept | 14th Sept |
| 17th Sept | 19th Sept | 20th Sept | 21st Sept |
| 24th Sept | 26th Sept | 27th Sept | 28th Sept |
| 1st Oct | 3rd Oct | 4th Oct | 5th Oct |
| 8th Oct | 10th Oct | 11th Oct | 12th Oct |
| 15th Oct | 17th Oct | 18th Oct | No class |
| **No classes w/c 22nd and w/c 29th Oct**  |  |  |  |
| 5th Nov | 7th Nov | 8th Nov | 9th Nov |
| 12th Nov | 14th Nov | 15th Nov | 16th Nov |
| 19th Nov | 21st Nov | 22nd Nov | 23rd Nov |
| 26th Nov | 28th Nov | 29th Nov | 30th Nov |
| 3rd Dec | 5th Dec | 6th Dec | 7th Dec |
| 10th Dec | 12th Dec | No class | 14th Dec |