Yogaworks teaching dates

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

**Sept-Oct: £60 for 7 sessions**

|  |  |  |
| --- | --- | --- |
| **Mon 6.30-8pm** | **Wed 6.30-8pm** | **Thurs 10-11.30am** |
| 4th Sept | 6th Sept | 7th Sept |
| 11th Sept | 13th Sept | 14th Sept |
| 18th Sept | 20th Sept | 21st Sept |
| 25th Sept | 27th Sept | 28th Sept |
| 2nd Oct | 4th Oct | 5th Oct |
| 9th Oct | 11th Oct | 12th Oct |
| 16th Oct | 18th Oct | 19th Oct |

**November-December: Mondays £50 for 5 sessions; Wednesdays and Thursdays £55 for 6 sessions**

|  |  |  |
| --- | --- | --- |
| **Mon 6.30-8pm** | **Wed 6.30-8pm** | **Thurs 10-11.30am** |
| 6th Nov | 8th Nov | 9th Nov |
| 13th Nov | 15th Nov | 16th Nov |
| No class | 21st Nov | 23rd Nov |
| 27th Nov | 29th Nov | 30th Nov |
| 4th Dec | 6th Dec | 7th Dec |
| 11th Dec | 13th Dec | 14th Dec |

**Birthing sessions**

|  |  |
| --- | --- |
| **Sundays 10.30-1.30pm** | **Early bird booking deadline – cost rises from £45 to £55 if booked after these dates** |
| 1st October | 17th Sept |
| 5th November | 22nd Oct |
| 3rd December | 19th Nov |

**Mother & baby yoga**

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

**Tuesdays 11.45-1.15pm from newborn up to 3-4 months**

**Thursdays 12-1.30pm from newborn up to 6 months**

**No classes during August**

**Sept-Oct: £60 for 6 sessions**

**w/c Sept 11th, 18th, 25th**

**w/c Oct 2nd, 9th, 16th**

**Nov-Dec: £50 for 5 sessions**

**w/c Nov 6th, 13th, 20th, 27th and w/c Dec 4th**

**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.**

**September-December 2017: Mondays and Wednesdays £105 for 13 sessions; Fridays £95 for 11 sessions**

**Half term enrolments also available:**

**Sept-Oct £60 for 7 sessions (Fridays £55 for 6 sessions)**

**Nov-Dec £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** |
| 4th Sept | 6th Sept | 7th Sept | 8th Sept |
| 11th Sept | 13th Sept | 14th Sept | 15th Sept |
| 18th Sept | 20th Sept | 21st Sept | 22nd Sept |
| 25th Sept | 27th Sept | 28th Sept | 29th Sept |
| 2nd Oct | 4th Oct | 5th Oct | 6th Oct |
| 9th Oct | 11th Oct | 12th Oct | 13th Oct |
| 16th Oct  | 18th Oct | 19th Oct | No class |
| **no classes w/c 23rd Oct**  |  |  |  |
| 30th Oct | No class | No class | 3rd Nov |
| 6th Nov | 8th Nov | 9th Nov | 10th Nov |
| 13th Nov | 15th Nov | 16th Nov | No class |
| No class | 22nd Nov | 23rd Nov | 24th Nov |
| 27th Nov | 29th Nov | 30th Nov | 1st Dec |
| 4th Dec | 6th Dec | 7th Dec | 8th Dec |
| 11th Dec | 13th Dec | 14th Dec | No class |