



— Y O G A —

CLASS TIMETABLE

Mondays

5.00pm – 9.00pm (drop-in anytime until 7.30pm)

Mysore Ashtanga Practice - The Old School, Preston-on-Stour.

These are Ashtanga sessions for all levels from beginners to advanced.

8.00pm – 9.00pm

Mysore Level 1 course – The Old School, Preston-on-Stour.

This is a five-week course for beginners.

Tuesdays

7.30am – 9.45am (drop-in anytime 7.30am – 9.00am)

Mysore Ashtanga Practice – The Old School, Preston-on-Stour.

No class on moon days.

These are Ashtanga sessions for all levels from beginners to advanced.

Wednesdays

7.30am – 11.00am (drop-in anytime 7.30am – 10.15am)

6.00pm – 7.30pm

Beginners led Ashtanga Practice - The Old School, Preston-on-Stour.

8.00pm – 9.00pm

Level 1 course - The Old School, Preston-on-Stour.

This is a six-week course.

Thursdays

7.30am – 11.00am (drop-in anytime 7.30am – 10.00am)

Mysore Ashtanga Practice – The Old School, Preston-on-Stour.

No class on moon days.

These are Ashtanga sessions for all levels from beginners to advanced.

8.00pm – 9.30pm

Intermediate Flowright Yoga - Wildmoor Spa, Stratford-upon-Avon

Fridays

10.45am – 12.15pm

Beginners / intermediate Flowright Yoga - Wildmoor Spa

12.15pm – 1.45pm

Beginners Ashtanga Vinyasa Yoga (led class) - Wildmoor Spa

6.00pm – 7.30pm

Ashtanga Exploration - The Old School, Preston-on-Stour.

Beginners led Primary Series

Saturdays

Rest day

Sundays

9.00am – 12.00pm (Drop in anytime 9.30 – 11.00am)

Mysore Ashtanga Practice – The Old School, Preston-on-Stour.

First Sunday of every month is led full Primary Series