



Self Realization Meditation Healing Centre

Transformation Hatha

YOGA CLASSES 2017

Holistic Yoga ❁ Loving Teachers ❁ Individual Attention



☺ **Hatha Yoga ~ Suitable For All** £20 for 4 week term/£25 for 5 week term/£30 for 6 week term

MONDAYS 6.15pm - 7.30pm

Spring 9 Jan - 6 Feb (5 classes) & 20 Feb - 27 Mar (6 classes)
Summer 24 Apr - 22 May (5 classes) & 5 Jun - 3 Jul (5 classes)
Autumn 11 Sep - 16 Oct (6 classes) & 30 Oct - 20 Nov (4 classes)

FRIDAYS 9.45am - 11.00am

Spring 13 Jan - 10 Feb (5 classes) & 24 Feb - 31 Mar (6 classes)
Summer 28 Apr - 26 May (5 classes) & 9 Jun - 7 Jul (5 classes)
Autumn 15 Sep - 20 Oct (6 classes) & 3 Nov - 24 Nov (4 classes)

☺ **Hatha Yoga ~ For those wishing to take it further**

TUESDAYS 6.15pm - 7.30pm £24 for 4 week term / £30 for 5 week term / £36 for 6 week term

Spring 10 Jan - 7 Feb (5 classes) & 21 Feb - 28 Mar (6 classes)
Summer 25 Apr - 23 May (5 classes) & 6 Jun - 4 Jul (5 classes)
Autumn 12 Sep - 17 Oct (6 classes) & 31 Oct - 21 Nov (4 classes)

☺ **Aqua Yoga ~ in our heated indoor pool**

MONDAYS 6.00pm - 6.45pm 10 July - 7 August (5 classes)

£40 for 5 classes (includes free after-class swim & pool membership for duration of Course)

Please do ask to speak to one of our Yoga Teachers about your development and progress or about any problems you may have. We are always here to help you find happiness and health, fitness and fulfillment. Please bring your own Yoga mat, notebook & pen, cushions and blankets and wear loose, comfortable clothing.

❁ **We also teach: 1 to 1 Personal Training; Yoga Therapy; Children's Yoga; Ante Natal Yoga**

❁ **Transformation Hatha Yoga & Relaxation Teacher Training Courses to Diploma standard**

- next Course intake in English: 28th Feb 2017. In English with German Translation: 2nd July 2017. Please enquire for details of this and other Courses.