



# Open Pathway Retreat Centre & Training College

Transformation Hatha

## YOGA CLASSES 2018

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 / £35 for 7 week term

**MONDAYS 6.15pm - 7.30pm**

Spring 8 Jan - 5 Feb (5 classes) & 19 Feb - 19 Mar (5 classes)

Summer 9 Apr - 21 May (7 classes) & 4 Jun - 9 Jul (6 classes)

Autumn 17 Sep - 22 Oct (6 classes) & 5 Nov - 26 Nov (4 classes)

**FRIDAYS 9.45am - 11.00am**

Spring 12 Jan - 9 Feb (5 classes) & 23 Feb - 23 Mar (5 classes)

Summer 13 Apr - 25 May (7 classes) & 8 Jun - 13 Jul (6 classes)

Autumn 21 Sep - 26 Oct (6 classes) & 9 Nov - 30 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 / £42 for 7 week term

Spring 9 Jan - 6 Feb (5 classes) & 20 Feb - 20 Mar (5 classes)

Summer 10 Apr - 22 May (7 classes) & 5 Jun - 10 Jul (6 classes)

Autumn 18 Sep - 23 Oct (6 classes) & 6 Nov - 27 Nov (4 classes)

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

**MONDAYS 6.00pm - 6.45pm** 16 July - 6 August (4 classes)

£32 for 4 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: 26th Feb 2018. In English with German Translation: 1st July 2018. Please enquire for details of this and other Courses.