

# Yoga: January – March 2018

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Please email me with your name and the times and days of classes you are attending once you have made a BACS payment to the bank details below. **Please note all places are on a first come, first served basis – thank you.**

Please remember if you are unwell or on holiday etc. you are very welcome to come to a different class whenever you need to. :)

[sophiemills77@hotmail.com](mailto:sophiemills77@hotmail.com)

Bank Details **Sophie Mills**, Barclays Bank **Sort Code** 201275 **Account Number** 70988359

## Mondays

Hatha	9am – 10am	8/1/18 – 19/3/18	£85
Ashtanga	10am – 11am	8/1/18 – 19/3/18	£85
Beginners Hatha	1pm – 2pm	8/1/18 – 19/3/18	£85
Ashtanga	7pm – 8pm	8/1/18 – 19/3/18	£85
Hatha	8pm – 9pm	8/1/18 – 19/3/18	£85

## Tuesdays

Mysore	7am – 9am	9/1/18 – 13/3/18	£70
Mysore	9am – 10.30am	9/1/18 – 13/3/18	£70
Beginners Hatha	7pm – 8pm	9/1/18 – 20/3/18	£85
Beginners Ashtanga	8pm – 9pm	9/1/18 – 20/3/18	£85

## Wednesdays

Hatha	9am – 10am	10/1/18 – 21/3/18	£85
Ashtanga	10am – 11am	10/1/18 – 21/3/18	£85
Hatha	11.30 – 12.30pm	10/1/18 – 21/3/18	£85
Hatha	7pm – 8pm	10/1/18 – 21/3/18	£85
Ashtanga	8pm – 9pm	10/1/18 – 21/3/18	£85

## Thursdays

Self-Practice Group	8am – 9.30am	11/1/18 – 15/3/18	£31.5
Hatha	10.30 – 11.30am	11/1/18 – 15/3/18	£76.5

## Fridays

Mysore	7am – 9am	5/1/18 – 16/3/18	£100
Mysore	9am – 10.30am	5/1/18 – 16/3/18	£100
Hatha	12.50 – 1.50pm	5/1/18 – 16/3/18	£85
Beginners Ashtanga	1.50 – 2.50pm	5/1/18 – 16/3/18	£85

**Half term holiday:** 12<sup>th</sup> – 16<sup>th</sup> Feb inclusive

**Tuesday morning, Mysore only!** no class on 23<sup>rd</sup> Jan and the 20<sup>th</sup> Feb