

# Yoga: May - July 2019

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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	6/5/19 – 29/7/19	£93.50
Ashtanga	10am – 11am	6/5/19 – 29/7/19	£93.50
Ashtanga	7.05pm – 8.05pm	6/5/19 – 29/7/19	£93.50
Hatha	8.05pm – 9.05pm	6/5/19 – 29/7/19	£93.50

## Tuesdays

Mysore	7am – 9am	7/5/19 – 30/7/19	£110
Ashtanga	7pm – 8pm	7/5/19 – 30/7/19	£85

## Wednesdays

Hatha	9am – 10am	1/5/19 – 24/7/19	£93.50
Self-Practice Group	10am – 11.30am	1/5/19 – 24/7/19	£3.50 p/sess
Hatha	11.30 – 12.30pm	1/5/19 – 24/7/19	£93.50
Hatha	7pm – 8pm	1/5/19 – 24/7/19	£93.50

## Thursdays

Teacher training	7am – 11am	9/5/19 – 25/7/19	
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## Fridays

Mysore	7am – 9am	3/5/19 – 26/7/19	£102
Ashtanga	9.15 – 10.15am	3/5/19 – 26/7/19	£102

## Sundays

Self-Practice Group	8am – 9.30am	5/5/19 – 28/7/19	£3.50 p/sess
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**Half term holiday:** 27<sup>th</sup> May – 2<sup>nd</sup> June inclusive.

**No classes:**

Tuesday 14<sup>th</sup> May 7pm Ashtanga;

Wednesday 15<sup>th</sup> May 7pm Hatha;

Monday 8<sup>th</sup> July, no classes

Wednesday 10<sup>th</sup> July, no 9am or 11.30am morning classes