

# Yoga

## September – December 2017

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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	11/9/17 – 5/12/17	£96
Ashtanga	10am – 11am	11/9/17 – 5/12/17	£96
Ashtanga	7.00pm – 8.00pm	11/9/17 – 5/12/17	£96
Hatha	8pm – 9pm	11/9/17 – 5/12/17	£96

### Tuesdays

Mysore	8.30am – 10.30am	12/9/17 – 6/12/17	£80
Hatha	7.00pm – 8.00pm	12/9/17 – 6/12/17	£96
Ashtanga (beginners)	8.00pm – 9.00pm	12/9/17 – 6/12/17	£96

### Wednesdays

Hatha	9am – 10am	6/9/17 – 6/12/17	£104
Ashtanga	10am – 11am	6/9/17 – 6/12/17	£104
Hatha	11.30 – 12.30am	6/9/17 – 6/12/17	£104
Hatha	7.00pm – 8.00pm	6/9/17 – 6/12/17	£104
Ashtanga	8pm – 9pm	6/9/17 – 6/12/17	£104

### Thursdays

Mysore	9am – 10.30am	7/9/17 – 7/12/17	
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### Fridays

Mysore	7.30am – 9am	8/9/17 – 1/12/17	£120
Mysore	9am – 10.30am	8/9/17 – 1/12/17	£120
Hatha	1pm – 2pm	8/9/17 – 1/12/17	£96

**Half term holiday:** 30<sup>th</sup> Oct – 3<sup>rd</sup> Nov inclusive (Tuesday and Wednesday evening classes only WILL RUN)

**No yoga (evenings only):** 21<sup>st</sup> November, 22<sup>nd</sup> November

**Tuesday Mysore:** will not run on the third Tuesday of every month