



## Holiday Timetable 16 September - 2 October 2023

DAY	TIME	CLASS	TEACHER/FACILITATOR
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### Saturday 16th Sept 2023

10:15 - 11:10 am	Yoga Stretch and Tone	Sue
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### Monday 18<sup>th</sup> Sept 2023

9:15 - 10:30 am	Breathe to Heal (Mindfulness and Pranayama)	Shantiji
10:30 - 11:30 am	Healing Yoga, Easy and Gentle	Shantiji
11:30 - 12:15 pm	Relaxation and Meditation	Shantiji

### Tuesday 19<sup>th</sup> Sept 2023

10:30 - 11:30 am	Healing Stillness and Movement Deeply	Shantiji
11:30 - 12:30 pm	restorative Renewal & Stress relief	Shantiji
12:30 - 1:15 pm	Healing rest (Yoga Nidra)	Shantiji

### Wednesday 20<sup>th</sup> Sept 2023

10:30 - 11:25 am	Yoga Stretch and Tone	Hilary
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### Thursday 21<sup>st</sup> Sept 2023

10:30 - 11:30 am	Core Yoga Wellbeing Healthy Back, Abs, Hips, Legs	Hilary
11:30 - 12:30 pm	Yoga Wellbeing	Hilary
12:30 - 1:15 pm	Relaxation and Meditation	Hilary

### Friday 22<sup>nd</sup> Sept 2023

9:15 - 10:10 am	Yoga Stretch and Tone	Cheryl
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**Saturday 23<sup>rd</sup> September till Monday 2<sup>nd</sup> October 2023  
the Southport campus will be closed for classes  
Treatments available by appointment**