

MONTHLY EVENTS AT YOGA FOR HARMONY

Dates, full details and booking arrangements for all the monthly sessions can be found on our website

Selected Saturdays – pre-book only		
1.15pm – 3.15pm	Kundalini Yoga for busy people Cost: £18	Ram Inderpreet Kaur
1.30pm – 2.30pm	Positive Birth Movement Windsor Group meet up 2 nd Saturday of the month	Caroline
1.45pm – 4.45pm	Qi gong / tai chi Cost: £25	David
3.30pm - 5.00pm	Restorative Yoga Cost: £12	Ashley
3.45pm – 4.45pm	Deep Relaxation Cost: £10	Liz
5.30pm – 6.30pm	Kirtan – chanting/music Cost: £10	Janette
5.30pm – 6.45pm	Gong Bath Meditation Cost: £15	Chloe
5.30pm - 6.45pm	Gong led Relaxation Cost: £15 drop-in	Wayne
Selected Sundays – pre-book only		
10.00am – 4.00pm	Various Guest Tutor workshops	Guest tutor
5.30am – 8.00am	Kundalini Yoga Sadhana Donation	Ram Inderpreet
9.30am – 12.30pm	"Yoga Wisdom, Practice and Meditation" . Cost: £25 Concessions available	Filomena
10.00am - 4.00pm	Foundation and Teacher training courses Contact Amanda for costs	Amanda
10.00am - 3.30pm	Reiki Level 1 and level 2 one day courses Cost: £160	Vayia

Please note: we request strictly no parking, no waiting, no dropping off or picking up from outside the studio or in the surrounding areas.

Access is pedestrian only.

Parking suggestions can be found on the 'where to find us' page of our website.

TUTOR CONTACT DETAILS

All our tutors are fully trained and hold certifications within their own school or yoga discipline. If you would like to discuss any particular class or pre-book, please contact the tutor direct.

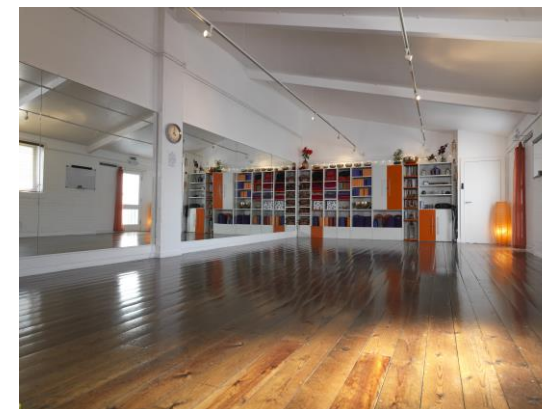
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Vayia	07930 877 430	beyourspirit@gmail.com www.beyourspirit.co.uk.
Wayne	07712 188002	teaandgongsyoga@outlook.com www.facebook.com/TeaandGongsYoga



yoga for harmony

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The Yoga for Harmony Studio, 143a Arthur Road, Windsor, SL4 1RU



Weekly timetable
Monthly workshops
Guest teachers

Offering classes to suit all ages, abilities
and experience

Private tuition available

Weekly Class Timetable

Most weekly classes offer a studio loyalty card or block booking discounts. Please ask your tutor for details. Classes requiring pre-booking are to be booked with the tutor direct. Tutor contact details are shown overleaf.

Monday		
10.00am - 11.00am	Power Pilates Mat Suitable for all Drop-in £10	Clare
11.30am - 12.45pm	Hatha Yoga Suitable for all Drop-in £10	Paula
6.30pm - 7.45pm	Hatha Yoga Suitable for all Drop-in £12	Julie
8.00pm - 9.30pm	Qigong / Tai Chi Suitable for all Drop-in £12	David
Tuesday		
10.00am - 11.00am	Recuperative Yoga Suitable for all Drop-in £8	Amanda
11.30am - 12.45pm	Hatha Yoga Suitable for all Drop-in £9	Julie
2.00pm - 3.15pm	Hatha Yoga Suitable for all Drop-in £9	Julie
6.15pm - 7.45pm	Hatha Yoga Suitable for all Drop-in £12	Ashley
8.00pm - 9.30pm	Kundalini Yoga Suitable for all Drop-in £12	Ram Inderpreet

Wednesday		
10.00am - 11.15am	Egyptian Belly Dancing Suitable for all Drop-in £10	Ellen
11.45am - 1.30pm	Yoga for Pregnancy and Birth Pre-book with tutor	Caroline
2.00pm - 3.15pm	Slow Flow Yoga Suitable for all Drop-in £9	Lisa C.
6.15pm - 7.15pm	Introduction to Yoga Courses/classes for Complete beginners Drop-in or block book	Julie
7.30pm - 9.00pm	Hatha Yoga Suitable for all Drop-in £12	Julie
Thursday		
9.30am - 11.00am	Hatha Yoga Suitable for all Drop-in £12	Liz
11.30am - 12.30pm	Gentle Yoga using Feldenkrais Method Suitable for all Drop-in £9	Ellen
12.45pm - 2.00pm	Yoga for Mental Well-being Suitable for all Drop-in £10	Lisa W.
6.15pm - 7.30pm	Flow Yoga Suitable for all Drop-in £10	Lisa C.
7.45pm - 9.15pm	Hatha Yoga (Restorative) Suitable for all Drop-in £12	Caroline

Friday		
10.00am - 11.00am	Power Pilates Mat Suitable for all Drop-in £10	Clare
11.15am - 12.30pm	Align and Flow Yoga Intermediate Drop-in £10	Deborah
5.30pm - 6.30pm	Hatha Yoga Beginners Course Drop-in £10 or block book	Caroline
6.45pm - 8.15pm	Hatha Yoga Suitable for all Drop-in £12	Caroline
Saturday		
7.45am - 9.15am	Ashtanga Modified Primary Series Suitable for all Drop-in £10	Justine
9.35am - 11.00am	Yin Yoga Intermediate Drop-in £12	Ashley
11.30am - 1.30pm	Yoga for Pregnancy and Birth Pre-book with tutor	Caroline
Saturday afternoons - we offer a wide selection of monthly workshops see overleaf		
Sunday - we offer a selection of monthly workshops see overleaf for details also guest tutor workshops , see website		
5.30pm - 7.00pm	Yoga for my soul Suitable for all Drop-in £10	Justine
7.15pm - 8.45pm	Egyptian Belly Dancing Suitable for all Drop-in £10	Ellen

Classes are subject to change. Check our website for the latest details.