

Monday

9.30 am - 10.45 am Flow yoga with Wenche Beard (pronounced Venka) blocks of 6 £42 or £7.50 drop in (intermediate)

11.00 am - 5.00 pm Reiki healing with Dana London or Wenche call to book on 07812052742

6.30 pm - 7.45 pm Rasa Vinjasa/Dynamic Flow (intermediate/advanced) with Wenche blocks of 6 £42 or £ 7.50 per session

8.00 pm - 9.45 pm Intermediate Hatha Yoga with Wenche blocks of 6 £48 (courses ongoing) drop in £8.50

Tuesday

9.30 am - 10.45 am Yoga drop in class for all abilities with Wenche £6

11.15 am - 12.30 pm Baby Yoga class with Wenche blocks of 6 £36

1.00 pm - 1.45 pm Lunch time Yoga with Wenche £4.50 experience the art of yoga- with adjustment & hands on support

2.00 pm - 2.30 pm Guide Meditation/enjoying sacred space with Wenche donation only

2.30 pm - 3.30 pm Drop in healing & angel therapy with Wenche &/or other healers - donation only

4.00 pm - 5.00 pm Rainbow Yoga Club Children's Yoga for 7+ blocks of 6 £30 school term only

6.00 pm - 7.00 pm Qi gong/Tai Chi with Martin Ward 07762265931 blocks of 6 £36

7.15 pm - 9.00 pm Enlightenment circle 1st & 3rd Tuesday of each month developing your spiritual connection & open to all drop in contact Odette on 07747506266

Wednesday

10.30 am - 12.30 pm ME self-help group with Dana £5 first Wednesday of every month

9.30 am - 11.30 am Alternative networking group with Wenche 3rd Wednesday of every month please book on 07812052742

1.00 pm - 1.45 pm Lunchtime yoga with Sally Sampson £4.50 07846467333

7.30 pm - 9.15 pm Hatha Yoga drop in with Martin Wong £6 practice & improve your understanding of Asanas, Pranayama & Yoga Nidra techniques 07866016841

Thursday

9.30 am - 11.00 am Hatha Yoga/ Pranayama/meditation Drop in with Wenche £7.00

11.15 am - 12.30 pm Toddler/family Yoga with Wenche blocks of 6 £36 (courses ongoing)

1.00 pm - 2.00 pm Meditation with Wenche Exploring different approaches to meditation beginners welcome £5 per session

6.00 pm - 7.30 pm Pregnancy Yoga with Wenche blocks of 4 £30 (courses ongoing)

7.45 pm - 9.00 pm Yoga for beginners try something new ! 6 week courses booking essential A transformative class £36 blocks of 6

Friday

12.00 pm - 1.00 pm Linear- a blend of pilates, yoga & core strength with Karn Thomson £8 per session/drop in 07834187400

Saturday

8.30 am - 9.45 am Early bird wake up yoga with Sally Sampson a wonderful way to deepen your practice £7 or blocks of 6 £35 07846467333

10.00 am - 11:00 am Sahaja Yoga Meditation 01323638058 with Mary Jane Williams & Gail Pottinger a free class exploring inner peace through meditation

11.30 am - 1.30 pm Reiki Share Group on the 1st Saturday of every month 07714 294349 Give & receive healing with Reiki Master Genevra Jolley £10/£8 conc Open to anyone attuned to Reiki 1 and above.

Sunday

7.00 pm - 9.00 pm African Djembe Drumming with Tony Puleston *class unique to the Yoga-life studio* drums available £7 beginners very welcome for further details 01323725835

Please visit our website for further details and updates on exclusive events

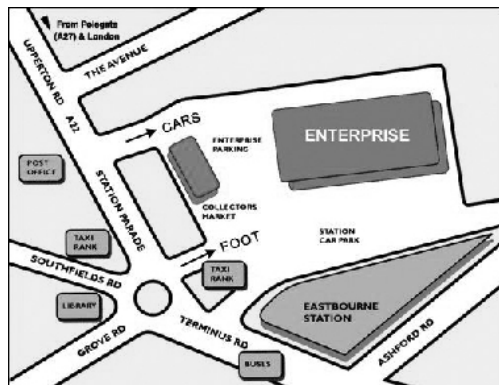
You will find us in the heart of Eastbourne at the Enterprise Centre.
It is easy to access our friendly studio via public transport and easy parking.

Rainbow yoga children's parties available here.
Enjoy the fun and adventure of yoga play.

Reiki healing, angel therapy, sound healing
chakra balancing, thai foot massage, massage and other inspiring
alternative approaches to vibrant health are also available at
The Yoga-Life Studio.

The yoga-life studio provides mats, blocks, straps and blankets for
your use during the classes. Dress for comfort.

Please note, changes in the timetable may occur during school and
national holidays.



for further details or information come and see us
upstairs @

The Enterprise Centre,
Station Parade, Eastbourne,
East Sussex, BN21 1BD

or call 07812052742

visit www.yoga-life.co.uk

or email info@yoga-life.co.uk

The Yoga-life Studio

Timetable

5 July - 5 October 2009

embrace life, feel alive &
vibrant
through yoga & alternative
lifestyle classes at our warm
and
welcoming studio in the heart of
Eastbourne