

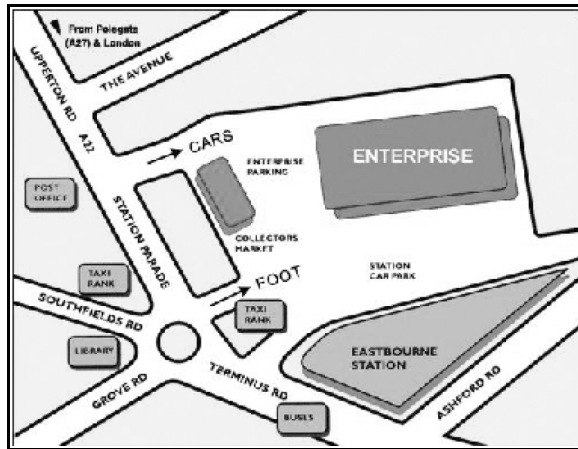
You will find us in the heart of Eastbourne at the Enterprise Centre.
It is easy to access our friendly studio via public transport
and easy parking is available.

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 please come and
see us Upstairs at The Enterprise Centre
Station Parade, Eastbourne,
East Sussex, BN21 1BD
or call 07812 052742
visit www.yoga-life.co.uk
or email info@yoga-life.co.uk

The Yoga-Life Studio

Timetable
5th January – 5th April 2010

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

Monday

9.30am – 10.45am	Flow Yoga (intermediate) £7.50 drop-in / £42 6-week block	Wenche
11.00am – 1.00pm	STUDIO OPEN Drop in for a cup of tea and a chat or some quiet time to stretch out in the space	
1.00pm – 5.00pm	Reiki Healing by appointment Call the studio to book	Wenche or Dana
6.30pm – 7.45pm	Flow Yoga (intermediate / advanced) £7.50 drop-in / £42 6-week block	Wenche
8.00pm – 9.45pm	Hatha Yoga (intermediate) £8.50 drop-in / £48 6-week block	Wenche

Tuesday

9.30am – 10.45am	Yoga for Everybody (all abilities) £6 drop-in	Wenche
11.15am – 12.30pm	Baby Yoga £36 6-week block	Wenche
1.00pm – 1.45pm	Lunchtime Yoga £4.50 drop-in	Wenche
2.00pm – 2.30pm	Guided Meditation By donation	Wenche
2.30pm – 3.30pm	Drop-in Healing & Angel Therapy By donation	Qualified Healers
4.00pm – 5.00pm	Rainbow Yoga Club (Children 7+) £30 6-week block call the studio to book	Wenche
5.45pm – 7.00pm	Backbending Yoga £7.50 drop-in / £28 4-week block, call 07770570053	Lucy
7.15pm – 9.00pm (1st & 3rd Tues only)	Enlightenment Circle Developing your spiritual connection Call 07747 506266 to book	Odette
7.30pm – 9.00pm (2nd Tues only)	Animal Mediation Group £5 drop-in or call 07925699344	Jude
7.30pm – 9.30pm (4th Tues only)	Eastbourne Meditation and Healing Circle £5, all profits to our charity, Sarva	Wenche

Wednesday

10.30am – 11.30am (2nd Weds only)	Story Birds Speak & Share £4 drop-in or call 07717 767493	Jeanne -Michelle
11.00am – 12.30pm (3rd Weds only)	ME self-help group £5 drop-in	Dana
9.30am – 11.30am (4th Weds only)	Alternative Networking £10 call the studio to book	Wenche
1.00pm – 1.45pm	Lunchtime Yoga £4.50 drop-in or call 07846 467333	Sally
4.00pm – 5.00pm	Children's Yoga for 4-7 year olds £30 6-week block call 07956978406	Jane
6.00pm – 7.15pm	Dru Yoga £7 / £18 3-week block	Janice
7.30pm – 9.00pm	Hatha Yoga £7 drop-in or call 07866016841	Martin

Thursday

9.30am – 11.00am	Hatha Yoga / Pranayama / Meditation £7 drop-in	Wenche
11.15am – 12.30pm	Toddler / Family Yoga £36 6-week block	Wenche
1.00pm – 2.00pm	Meditation (beginners welcome) £5 drop-in	Wenche
6.00pm – 7.30pm	Pregnancy Yoga £30 4-week block (courses on-going)	Wenche
7.45pm – 9.00pm	Yoga for Beginners Try something new! £36 6-week course – booking essential	Wenche

Friday

9.30am – 10.30am	Stott Pilates (beginners) £8 drop-in or call 07920 715376	Andrea
10.30am – 11.30am	Stott Pilates (intermediate) £8 drop-in or call 07920 715376	Andrea
11.30am – 1.30pm	STUDIO OPEN - Drop or for a cup of tea and a chat or some quiet time to stretch out in the space	
6.00pm – 7.30pm	Restorative Yoga £7.50 drop-in / £28 4-week block call 07770570053	Lucy

Saturday

8.30am – 9.45am	Early Bird Wake Up Yoga £7 drop-in / £35 6-week block Call 07846 467333	Sally
10.00am – 11.00am	Sahaja Yoga Meditation Free, drop in or call 01323 638058	Mary-Jane & Gail
11.00am – 5.00pm	STUDIO OPEN – Please note opening time on 2 nd Sat of the month will be 11.00am– 3.30pm due to the Reiki group	
3.30pm – 5.30pm (2nd Sat only)	Reiki Share Group £10 / £8 concessions (for anyone attuned to Reiki one and above) Call 07714294349	Genevra

Sunday

7.00pm – 9.00pm	African Djembe Drumming £7, drums available Call Tony 01323 725835	Tony
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For further details about any of these classes call the studio on 07812 052742 or the class teacher on the number provided. Alternatively visit www.yoga-life.co.uk for a full list of class descriptions.