

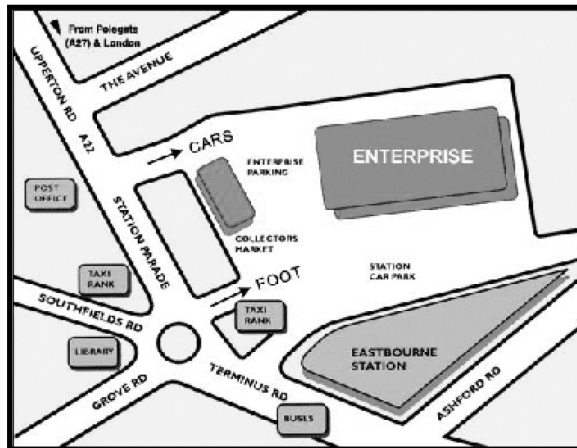
You will find us in the heart of Eastbourne at the Enterprise Centre.  
It is easy to access our friendly studio via public transport  
and easy parking is available.

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](http://www.yoga-life.co.uk)  
or email [info@yoga-life.co.uk](mailto:info@yoga-life.co.uk)

# The Yoga-Life Studio

*Timetable*  
**6<sup>th</sup> July – 6<sup>th</sup> October 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	<b>Flow Yoga</b> (intermediate) £7.50 drop-in / £42 6-week block	Wenche
11.00am – 1.00pm	<b>STUDIO OPEN</b> Drop in for a cup of tea and a chat or some quiet time to stretch out in the space	
1.00pm – 5.00pm	<b>One 2 One Yoga</b> <b>Reiki Healing/ATP/EFT/Massage</b> By appointment- call the studio to book	Wenche and other Qualified Therapists
6.30pm – 7.45pm	<b>Flow Yoga</b> (intermediate / advanced) £7.50 drop-in / £42 6-week block	Wenche
8.00pm – 9.45pm	<b>Hatha Yoga</b> (intermediate) £8.50 drop-in / £48 6-week block	Wenche

## Tuesday

9.30am – 10.45am	<b>Yoga for Everybody</b> (all abilities) £6.50 drop-in	Wenche
11.15am – 12.30pm	<b>Baby Yoga</b> £7 Drop in / £36 6-week block	Wenche
1.00pm – 1.45pm	<b>Lunchtime Yoga</b> £4.50 drop-in	Wenche
2.00pm – 2.30pm	<b>Guided Meditation</b> By donation	Wenche
2.30pm – 3.30pm	<b>Drop-in Healing &amp; Angel Therapy</b> By donation	Qualified Healers
4.00pm – 5.00pm	<b>Rainbow Yoga Club</b> (Children 7+) £30 6-week block	Wenche
5.45pm – 7.00pm	<b>Back bending Yoga</b> £7.50 drop-in / £28 4-week block, call 07770570053	Lucy
7.15pm – 9.00pm <b>(1<sup>st</sup> &amp; 3<sup>rd</sup> Tues only)</b>	<b>Enlightenment Circle</b> Developing your spiritual connection Call 07747 506266 to book	Odette
7.30pm – 9.30pm <b>(4<sup>th</sup> Tues only)</b>	<b>Eastbourne Meditation and Healing Circle</b> 50% profits to our charity, Sarva	Wenche

## Wednesday

9.30am – 11.30am <b>(4<sup>th</sup> Weds only)</b>	<b>Alternative Networking</b> £10 call the studio to book	Wenche
1.00pm – 1.45pm	<b>Lunchtime Yoga</b> £4.50 drop-in or call 07846 467333	Sally
2.00pm – 3.00pm	<b>Drop-In Donation Hatha Yoga Class</b> By donation – drop-in or call 07770 570053	Lucy
4.00pm – 5.00pm	<b>Children's Yoga</b> for 4-7 year olds £30 6-week block call to book	Jane
6.00pm – 7.15pm	<b>Dru Yoga</b> £7 / £18 3-week block	Janice
7.30pm – 9.00pm	<b>Hatha Yoga</b> £7 drop-in or call 07866016841	Martin

## Thursday

9.30am – 11.00am	<b>Hatha Yoga / Pranayama / Meditation</b> £7.50 drop-in	Wenche
11.15am – 12.30pm	<b>Toddler / Family Yoga</b> £7 drop-in / £36 6-week block	Wenche
1.00pm – 2.00pm	<b>Meditation</b> (beginners welcome) £5 drop-in	Wenche
6.00pm – 7.30pm	<b>Pregnancy Yoga</b> £30 4-week block (courses on-going)	Wenche
7.45pm – 9.00pm	<b>Yoga for Beginners</b> Try something new! £36 6-week course – booking essential	Wenche

## Friday

11.00am – 12.00pm	<b>Stott Pilates</b> (all levels) £8 drop-in or call 07920 715376	Andrea
12.00am – 2.00pm	<b>STUDIO OPEN</b> - Drop in for tea and chat	
5.45pm – 6.45pm	<b>Letting go of the week / Restorative Yoga</b> £6 drop-in / £28 4-week block call 07770570053	Lucy

## Saturday

8.30am – 9.45am	<b>Early Bird Wake Up Yoga</b> £7 drop-in / £35 6-week block Call 07846 467333	Sally
10.00am – 11.00am	<b>Sahaja Yoga Meditation</b> Free, drop in or call 01323 638058	Mary-Jane & Gail
11.00am – 5.00pm	<b>STUDIO OPEN</b> – Drop in for a cup of tea and a chat or just some quite time	Karma-Yogis
3.30pm – 5.00pm <b>(2<sup>nd</sup> Sat only)</b>	<b>Eastbourne Healers</b> Open space for all healers to give and receive healing – by donation	Eastbourne Healers

## Sunday

7.00pm – 9.00pm	<b>African Djembe Drumming</b> £7 (For beginners, 1hr session is £3.50). 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](http://www.yoga-life.co.uk) for a full list of class descriptions and weekend workshops on offer.**