Find us in the heart of Eastbourne at the Enterprise Centre.

It is easy to access our studio via public transport

and there is parking available. **The entrance to the studio in the evenings is at the back of the building (Yoga buzzer upstairs).**

Yoga Parties for children and adults available. Please ask for details.

A variety of classes and alternative treatments.

The Yoga-Life Studios provides mats, blocks, straps and blankets for your use during the classes. Dress for comfort.



For further details or information:

Upstairs at The Enterprise Centre

Station Parade, Eastbourne,

East Sussex, BN21 1BD

07812 052742

info@yoga-life.co.uk

[www.yoga-life.co.uk](http://www.yoga-life.co.uk/)

[www.yogaliferetreats.co.uk](http://www.yogaliferetreats.co.uk)

** **

Please note, changes in the timetable may occur during school

& national holidays.

**Yoga Life**

**Studios**

 ***Timetable***

***April - June 2017***

**Embrace life, feel alive &**

**vibrant**

**through yoga & alternative**

**lifestyle classes at our luxurious**

**and welcoming studio in the**

**heart of Eastbourne**

**\*\*Special Events & Workshops – see website\*\***

 **For further details about any of these classes call the studio on 07812 052742**

**or the class teacher on the number provided. Email: info@yoga-life.co.uk**

**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.**

***MAIN STUDIO***

**Monday**

9.45am – 10.45am **Shakti Flow Yoga** Tess

 Alignment based vinyasa, £6 drop in

11.00am – 12.00noon **Yoga for the Golden Years** (seniors) Tess

 Slower pace, modifications, £6 drop in

1.00pm – 1.45pm **Lunch Yoga** Jonathan

 Drop in £6

6.00pm – 7.15pm **Ashtanga Vinyasa Flow** Hanif

 Drop in £6

7.30pm – 8.30pm **Vinyasa Flow Yoga** Annie

 Drop in £8

**Tuesday**

9.30am – 10.45am **Yoga for Everybody** (all abilities) Eva / Wenche

 £8.00 drop-in

11.15am – 12.15pm **Mummy Yoga – Mixed** Eva

For mums to be/babies/toddlers; £5 or £25/6

1.00pm – 1.45pm **Lunchtime Yoga** Vicky

 £6.00 drop-in

6.00pm – 7.00pm **Rocket Yoga** Emily

 Drop in £5

7.15pm – 8.30pm **Healing** **Yoga: Body, Mind & Spirit** Laura

All abilities, £8drop in or £28/4

**Wednesday**

9.15am – 12.30pm **Reiki Healing** Claire

 Book on 07982 119519

9.30am – 10.30am **Beach Yoga in Holywell Retreat** Eva

 Outdoor Yoga, donations

12.15pm – 12.45pm **Pregnancy Relaxation** Dannii

 £5 drop in

1.00pm – 1.45pm **Lunchtime Yoga – drop in, £6** Eva

6.00pm – 7.15pm **Beginners Yoga** Ruth

 6 week blocks £45 or £8drop in

7.30pm – 9pm **Vinyasa Flow (**all levels) Fiona

 Breath & movement towards dynamic

 asana, £8 drop in

**Thursday**

9.45am - -10.45am **Back2Basics Yoga** Jonathan

Gentle Yoga suitable for beginners, £7

11.00am – 12.00noon **Qigong and Meditation** Nick

 1st Thursday of a month – Italian Gardens! £5 drop in

12.30pm – 1.30pm **Pregnancy Yoga – for Mummies to be** Laura

 £7 drop in or £25/4

5.15pm – 6.15pm **Yoga for Everybody (All abilities)** Laura

From May Drop in £6

6.30pm – 7.30pm **Align & Breathe Yoga** Linzi

 £7.50 drop in or £40 for 6 week block

7.45pm – 9.15pm **Shakti Flow Yoga** Tess

 Alignment based vinyasa, £8 drop in

**Friday**

10.00am – 11.00am **Gentle** **Hatha Yoga – Let go of the week** Safia

 £7.00 drop-in / £24 4-week bl.

11.15am – 12.15pm **Energising Flow Yoga** Katherine

 £7.00 drop-in

1.00pm – 1.45pm **Lunchtime Restorative Yoga** Eva

 Restore & relax; £6 Drop In

2.00pm – 2.45pm **Meditation, Pranayama & Relaxation** Eva

 Calm your mind & breathe; £5

3.00pm – 5.45pm **Indian Head Massage** Jonathan

 45 mins £25, 1 hour £30. Book – 07745 894982

6.00pm – 7.15pm **Rocket Yoga** Hanif

Level 1 & 2, £5 drop in

7.30pm – 8.45pm **Gentle Hatha Yoga** Sarah (Love Yoga

 Drop in £8 Eastbourne)

**Saturday**

8.45am – 9.45am **Luna Yoga** Sally

 £8 drop-in / £42 6-week bl.

11.30am – 1.00pm Private Group

2.00pm – 4.00pm **Aromatherapy / Swedish Massage, Reflexology**

 **Hopi Ear Candling**

Call 07967 531924 to book Sue

**Sunday**

 8.30am – 9.30am **Sunday Sunrise SatNam Yoga** Tess

 Kundalini/Shakti/Breath £8 or £42/6

10.00am-11.00am **Family Yoga** Eva

 £5 per adult, Drop in

11.15am-12.30pm **Yoga for Everybody** (all abilities)Eva

 £7 Drop In or £36 6-week block

***STUDIO 2 (open in April Only)***

**Monday**

9.15am – 1.15pm **Reiki Healing** Claire

 Book on 07982 119519

5.15pm – 6.30pm **Yoga for Everybody (All abilities)** Laura

 Drop in £6

6.45pm – 8.00pm **Hatha Yoga (mixed abilities)** Justyna

Till 15/5 £7 or £35 per 6, first class £5

**Tuesday**

9.30am – 12.30pm **Indian Head Massage** Jonathan

 45 mins £25, 1 hour £30. Book – 07745 894982

6.00pm – 7.30pm **Pregnancy Yoga – for Mummies to be** Tess

 £38 4-week block . £10 drop in

8.00pm – 9.30pm **Y12SR – The Yoga of 12-Step Recovery** Simon

 £6 or donation

**Wednesday**

**Thursday**

9.30am – 1.30pm **Reiki Healing** Claire

 Book on 07982 119519

**Friday**

10.00am – 11.00am **BodyStrong** Kat

 Drop in £7

**Saturday**

10.00am – 12.00noon **The WellMumma Clinic** Susie

 Physiotherapy, Acupuncture, Massage 07541 062446

**Sunday**

1.00pm – 4.00pm **Reiki Healing** Claire

 Book on 07982 119519

***PRIVATE SESSIONS AVAILABLE***

PLEASE CALL OR EMAIL

info@yoga-life.co.uk

07812 052742

Please check our website www.yoga-life.co.uk for any Timetable updates and for our SPECIAL EVENTS

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