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**

**Studio**

 ***Timetable***

***January – March 2018***

**Embrace life, feel alive &**

**vibrant**

**through yoga & alternative**

**lifestyle classes at our 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.**

**Monday**

9.30am – 10.45am **Energising Flow Yoga** Katherine

 £8.00 drop-in

11.00am – 12.15pm **Slow Yoga Coaching – Beginners/Elders** Sunny

 Slower pace, modifications, £6

 **please book 07934 188 651**

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

 Drop in £6

6.10pm – 7.10pm **Vinyasa Flow Yoga** Annie

 Drop in £8

7.15pm – 8.45pm **Beginners Yoga Confidence Course** Sunny

15/1 – 19/2 5 workshops - £40,6 spaces

 **book on 07934 1886151**

**Tuesday**

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

 £8.00 drop-in

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

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/Hanif

 Drop in £5

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

All abilities, £8drop in or £28/4

**Wednesday**

9.15am – 12.45pm **Reiki Healing** Claire

 Book on 07982 119519

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

 Outdoor Yoga, donations

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

2.00pm – 2.45pm **Yoga Nidra (Relaxation) & Sound healing** Eva

 Peace and deep relaxation; £6

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

 Except 1st Thursday of a month – Italian Gardens!

 £5 drop in

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

 Drop in £6

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

 £7.50 drop in or £40 for 6 week block

 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 – 12.30pm **Energising Flow Yoga** Katherine

 £8.00 drop-in

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

 Restore & relax; £6 Drop In

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

 Peace and tranquillity, £6

3.00pm – 5.00pm **Indian Head Massage** Jonathan

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

5.45om – 6.45pm **Flow Yoga** Alice

 Drop in £7

7.00pm – 8.00pm **Laughter Yoga - monthly** Therese

19/1, 16/2, 16/3 £6

7.00pm – 8.00pm **Crystal Bowl Sound Bath - monthly** Therese

2/2, 9/3 £10

**Saturday**

8.45am – 9.45am **Hatha Yoga for All – start your weekend well** Heather

 From February, £8 drop in

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

 Outdoor Yoga, donations

10.00am-11.00am **Family Yoga** Alice/Heather

 £5 per adult, Drop in

**Sunday**

10/00am – 11.00am **Aerial Yoga** Eva

 £8 – **check website for dates**

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

 £7 Drop In or £36 6-week block

1.30pm – 4.30pm **Reiki Healing** Claire

 Book on 07982 119519

6.30pm – 7.30pm **Yoga for Everybody** (all abilities)Sarah

 £7 Drop In