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)

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Please note, changes in the timetable may occur during school

& national holidays.

**Yoga Life**

**Studio**

 ***Timetable***

***July - September 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 – 10.30am **Beach Yoga in Holywell Retreat** Simon

 Outdoor Yoga, donations

11.00am – 12.30pm **Slow Yoga Coaching for Third Agers (55+)** Sunny

 Slower pace, modifications, £7

 **please book 07934 188 651**

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

 Drop in £6

2.00pm – 5.00pm **Reiki Healing** Claire

 Book on 07982 119519

7.30pm – 9.00pm **Yin Yoga and Nidra for all (£8)** Sunny

 Deep tissue work, long relaxation - book on 07934 188651

**Tuesday**

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

 £8.00 drop-in

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

Bringbabies/toddlers; £5 or £25/6

1.00pm – 1.45pm **Lunchtime Yoga** Alice

 £6.00 drop-in

5.45pm – 6.45pm **Flexibility Flow Yoga** Katherine

 Breathe-Dynamic stretching-Static holds £7.00 drop-in

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

All abilities, £8drop in or £28/4

**Wednesday**

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

 Outdoor Yoga, donations

10.00am – 11.15am **Sweet Circus – Circus Tots** Miz

 Circus themed active play, £5 (1 adult + child)

11.15am – 12.30pm **Sweet Circus – Sweet Circ-Ed (Home Ed)** Miz

 Circus themed activity, £7.50 / £6

Sweet Circus drop in session 10.30 – 12 during school holidays

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

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

Check website during hols Peace and deep relaxation; £6

3.45pm – 4.45pm **Sweet Circus – Circus Monkeys (6-10 yo)** Miz

 Circus themed activity, £7.50 / £6

Sweet Circus Summer School 3.30 – 5.00pm during school holidays

4.45pm – 5.45pm **Sweet Circus – Circus Monkeys (11+)** Miz

 Circus themed activity, £7.50 / £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

5.15pm – 6.15pm **Chakra Yoga** Mel

From September £7 or £30/6

6.30pm – 7.30pm **Flow Yoga** Alice

 Drop in £7 or £35/6

8.00pm – 9.30pm **Total Relaxation** - **Restorative Yoga & Yoga Nidra**

 £8 drop in or £42 block of 6 Claire K

**Friday**

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

 £7.00 drop-in / £24 4-week bl.

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

 Restore & relax; £6 Drop In

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

Check website during hols Peace and tranquillity, £6

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

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

3.00pm – 5.00pm **Reiki Healing** Claire

 Book on 07982 119519

**Saturday**

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

 Outdoor Yoga, donations

 £5 per adult, Drop in

 **Sunday**

9.30am – 10.45am **Pregnancy Yoga** Vicky

 Block of 6 £60, call to book 07566 228445

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

 £7 Drop In or £36 6-week block

1.30pm – 5.00pm **Reiki Healing** Claire

 Book on 07982 119519

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

 £7 Drop In

8.00pm – 9.00pm **Chill Out Yoga** Aggie

From 26/8 £7 Drop in, 1st class only £1