Find us in the heart of Eastbourne in Little Chelsea.

It is easy to access our studio via public transport

and there is parking available at Hyde Gardens, Train Station and Enterprise Centre (5 minutes walk)

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

A variety of classes and 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:

Studio 4, 25 The Stables

South Street, Eastbourne,

East Sussex, BN21 4UP

07780 535134

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.



 ***At THE STABLES***

***Timetable***

***January – March 2019***

**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 07780 535134**

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

**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**

7.00am – 8.00am **Rise & Shine -** **Morning Yoga Flow** Gracie

 Drop in £8

10.30am – 12.00pm **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

3.30pm – 4.15pm **Hang Out Yoga for Teens** Eva

7/1 – 11/2 Yoga fun for teens incl. Aerial £35 6 weeks

4.00pm – 5.00pm **Tween Yoga for Girls 8-12 yo** Jane

6.15pm – 7.15pm **Vinyasa Flow Yoga** Chloe

 £7 drop in

7.30pm – 8.30pm **Chill Out Yoga** Aggie

 £7 Drop in, 1st class only £1

**Tuesday**

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

 £8.00 drop-in

11.15am – 12.15pm **Mummy and Baby Yoga** Alice

£6 or £30/6 – Term time only

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

 £6.00 drop-in

4.00pm – 5.00pm **Gentle Yoga & Relaxation** Zoe

 £7 drop in

5.45pm – 6.45pm **Rocket Yoga** Hanif

 £7.00 drop-in

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

All abilities, £8drop in or £28/4

**Wednesday**

8.00am – 9.00am **Rise & Shine -** **Morning Yoga Flow** Gracie

 Drop in £8

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

 Outdoor Yoga, donations

9.30am – 12.30pm **Reiki Healing** Claire

 Book on 07982 119519

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

11.15am – 12.15pm **Tai Chi Qigong 4 week course** Nick Neter

10/1 – 31/1 £32 for the course – book on 07773 061309

11.30am – 12.30pm **Reiki Healing** Claire

 Book on 07982 119519

1.00pm – 2.00pm **BodyStrong** Kat

 £7 drop in

5.15pm – 6.15pm **Chakra Yoga** Mel

 £7.50 drop in (£5 first class)

6.30pm – 7.30pm **Pregnancy Yoga** Alice

From 10/1 Drop in £8 or £42/6

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

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

**Friday**

8.00am – 9.30am **Womb Yoga** Mala

From 11/1 Yoga Therapy for women, £10

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

 £8.00 drop-in £28/4

 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

6.30pm – 8.00pm **Womb Yoga** Mala

From 11/1 Yoga Therapy for women, £10

**Saturday**

9.00am – 10.30am **Hatha Yoga**  Abigail

 £8 per adult, Drop in

11.00am – 12.00pm **Rest & Digest Yoga**  Tanya

 £6 Drop in

1.00pm – 2.00pm **Community Yoga** Various

 Donation class, proceeds to charity

 **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

 £8 Drop In

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

 Book on 07982 119519