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

9.15am – 10.15am **Monday Morning Yoga Fix with Olga** Olga

 £8 drop in or £42/6

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

4.00pm – 5.00pm **Slow Mo Flow** Lucy

From 11/3 Strong and slow Flow class, £7 drop in

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

 £7 drop in

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

 £7 Drop in

**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

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

All abilities, £8drop in or £28/4

**Wednesday**

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

 Outdoor Yoga, donations

9.30am – 11.00am **Reiki Healing**  Claire

 Book on 07982 119519

11.15am – 12.15pm **Sweet Circ-Ed** Miz

27/2 – 3/4 Home-ed class, £7.50 or £6 termly

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 **BodyStrong** Kat

 Whole Body Strength/Flexibility Workout£7 drop in

1.00pm – 3.00pm **Reiki Healing** Claire

 Book on 07982 119519

5.15pm – 6.15pm **Chakra Yoga Flow** Mel

 £7.50 drop in

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

 Drop in £8 or £42/6

8.00pm – 9.30pm **Hatha Yoga Flow** Abigail

 £8 drop in or £42 block of 6

**Friday**

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

 £8.00 drop-in £28/4

11.30am – 12.30pm **SSS – Supported Strength & Stretch** Miz

 Aerial class, £8 or £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

5.00pm – 6.00pm **Circus Monkeys** Miz

 Age 5-15 – 1/3 – 5/4

**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