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 2020***

**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**

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

 £8.50 drop in or £45/6

11.00am – 12.30pm **Ageless Mobility Yoga (55+)** Sunny

 Slower pace, modifications, £8

 **please book 07934 188 651**

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

 Drop in £6

6.15pm – 7.15pm **Yin Flow Yoga** Sarah Alice

January only £8 drop in

6.00pm – 7.15pm **Kundalini Yoga** Sian Amy

From February £10 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

12.45pm – 1.45pm **Pregnancy Yoga** Alice

 Drop in £8 or £42/6

6.00pm – 7.00pm **Slow Flow for Beginners & Beyond** Francesca

 Drop in £7 or £50/10 weeks

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** Eva

 Outdoor Yoga, donations

9.30am – 10.45am **Reiki Healing**  Claire

 Book on 07982 119519

10.45am – 11.45am **Sweet Circ-Ed Minis** Miz

 Home-ed class, £45.50 for 7 weeks

11.45am – 12.45pm **Sweet Circ-Ed Juniors** Miz

 Home-ed class, £45.50 for 7 weeks

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 **Yoga Nidra** Georgina/Chantell

 **Cake & Kindness for stress relief** Drop in £8.50

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

 Drop in £8 or £42/6

7.45pm – 8.45pm **Yin Yoga** Mel

 Suitable for all, dynamic relaxation practice £8 drop in

**Friday**

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

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

 Age 5-15, £45.50 for 7 weeks

6.30pm – 7.30pm **Beginners Yoga** Chantell

 £7 drop in / £40 for 6 weeks block

**Saturday**

9.00am – 10.30am **Flow & Restore Yoga** Lucy

 Strong and slow Flow class, £8 drop in

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

 £7 Drop in

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

 Donation class, proceeds to charity

 **Sunday**

9.00am – 10.00am **Setup your Sunday Yoga** Angela

 Yoga for All abilities, £7 drop in

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

 £8 Drop In

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

 Book on 07982 119519

6.00pm – 7.00pm **Beginners Yoga** Laura Hall

 £7 drop in