

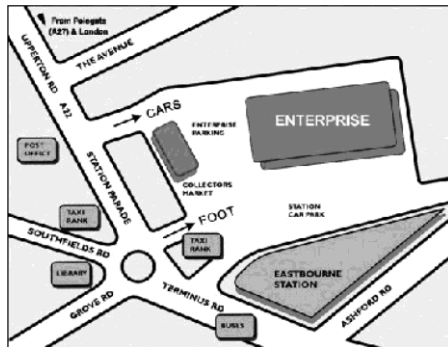
Find us in the heart of Eastbourne at the Enterprise Centre.

It is easy to access our studio via public transport and there is parking available. The entrance to the studio in the evenings and Sundays is at the back of the building (upstairs).

Rainbow Yoga Children's Parties available. Please ask for details.

A variety of classes and alternative treatments.

The Yoga-Life Studio 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
www.yogaliferetreats.co.uk



Yoga Life Studio

Timetable
January – March 2013

**Embrace life, feel alive &
vibrant**

**through yoga & alternative
lifestyle classes at our luxurious
and welcoming studio in the
heart of Eastbourne**

Please note, changes in the timetable may occur during school
& national holidays.

Monday

9.30am – 11.00am	Prana Flow Yoga (intermediate) £9.00 drop-in / £50 6-week block	Wenche
11.30pm – 4.00pm	One 2 One Yoga Reiki Healing/ATP/EFT/Massage By appointment - call the studio to book	Wenche and other Qualified Therapists
6.00pm – 7.45pm	Martial Arts (Adults) Drop in, £5/ donations	Ben
8.00pm – 9.15pm	Ashtanga Yoga £7.00 drop-in / £45 8-w.bl/07887931754	Kate

Tuesday

9.30am – 10.45am	Yoga for Everybody (all abilities) £8.00 drop-in	Wenche
11.15am – 12.15pm	Postnatal Yoga – bring your little one along £5.00 Drop In	Eva
1.00pm – 1.45pm	Lunchtime Yoga £5.00 drop-in	Wenche
4.00pm-5.00pm	Rainbow Yoga Club (Children 10+) in school term time/ £35 6 week block/	Wenche
5.45pm – 6.45 pm	Hatha Yoga – Embracing Yogic Challenges £26 4-week block Call 07770 570053	Lucy
7.00pm – 8.30pm	Pranava Yoga Combines dynamic flowing sequences with Classical poses and blissful relaxation. £8	Ruth

Wednesday

9.00am – 12.30pm (2 nd Wednesday only)	Shiatsu & Seated Acupressure Walk in Clinic, donations from £10	Nick
1.00pm – 1.45pm	Lunchtime Yoga £5.00 drop-in	Eva
5.30pm – 7.15pm	Martial Arts (Adults) Drop in, £5/donations	Ben
7.30pm – 9.00pm	Hatha Yoga £ 7.00 drop-in or call 07866016841	Martin

****Special Events & Workshops – see website****

Thursday

9.30am – 11.00am	Hatha Yoga / Pranayama / Meditation £9.00 drop-in	Wenche
11.30am -1.30pm (4 th Thursday only)	Alternative Networking £10, call the studio to book	
6.00pm – 7.30pm	Pregnancy Yoga – for Mummies to be £38 4-week block . booking essential	Wenche
7.45pm – 9.00pm	Yoga for Beginners and beyond Try something new!£48 6-week bl. – pls book	Wenche

Friday

10.00am – 11.00am	Hatha Yoga – Let go of the week £7.00 drop-in / £24 4-week bl.	Safia
11.15am – 12.15pm	Ashtanga Yoga £7.00 drop-in / £45 8-w.bl./07887931754	Kate
1.00pm – 1.45pm	Pilates for all £6 drop-in; 1 st lesson is FREE; start 1/3/13	Emma
6.00 – 7.15pm	Yoga for Beginners and beyond Try something new, 48 6-week bl.	Paloma

Saturday

8.45am – 9.45am	Luna Yoga £7.50 drop-in / £42 6-week bl./07846467333	Sally
10.00am-11.30am	Pregnancy Yoga – for Mummies to be £38 4-week block . booking essential	Marlena
11.30am – 1.00pm	STUDIO OPEN A place to breathe and stretch	Karma-Yogis
12.00 – 1.45pm	Tai chi & Chi gung Fortnightly drop in, £6. Starting 5/1	Chad
2.00pm – 4.00pm	‘Elfin Safety’ Junior Karate & Chi Gung Drop in, £5 / donations	Ben

Sunday

10.00am-11.00am	Family Yoga – bring your family together £10 per family, Drop in	Eva
11.15am-12.30pm	Yoga for Everybody (all abilities) £7 Drop In	Eva
6.30pm – 7.30pm	African Djembe Drumming Beginners - £3.50	Tony
6.30pm – 8.30pm	Beginners+ - £7.00	
7.30pm – 9.30pm	Experienced - £7.00 Drums available. Call Tony 01323 725835	

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 for a full list of class descriptions and weekend workshops on offer.