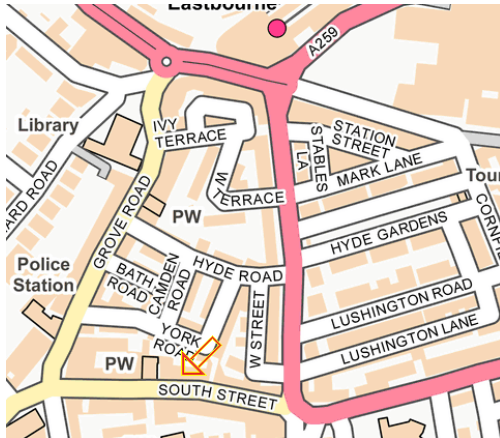


Find us in the heart of Eastbourne in Little Chelsea.

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)

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
www.yogaliferetreats.co.uk



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



At THE STABLES

Timetable

January – March 2023

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

Monday

| | | |
|-------------------|---|-------|
| 9.30am – 10.30am | Pelvic Floor Class Contact us for more info | Mary |
| 11.15am – 12.45pm | Ageless Mobility Yoga (60+) Slower pace, modifications, £10 please book 07934 188 651 | Sunny |
| 2.00pm – 3.00pm | Qi Gong and Meditation Gentle mindful movement, £8 (also on Zoom) | Nick |
| 3.30pm – 7.00pm | Shiatsu – private clients | Nick |
| 7.30pm – 8.30pm | Chill Out Yoga Slow pace £9 | Aggie |

Tuesday

| | | |
|--|---|--------|
| 9.30am – 10.45am | Yoga for Everybody (all abilities) Gentle, £9.00 (Also on Zoom) | Eva |
| By appointment Between 1.30pm – 5pm | Reiki Healing / Aromatherapy Massage Book on 07982 119519 | Claire |
| 6.00pm – 7.00pm | Super Slow Flow Yoga Gentle, suitable for beginners £9 | Roz |
| 7.30pm – 8.30pm | Pregnancy Yoga Class for expectant mums, £10 | Alice |

Wednesday

| | | |
|-------------------|--|---------|
| 9.30am – 10.30am | Beach Yoga in Holywell Outdoor Yoga, donations | Eva |
| 10.00am – 11.00am | RB Pilates Group Class £12 drop in or £60/6 | Rebecca |
| 1.00pm – 1.50pm | Lunchtime Yoga All abilities, £7 (also on Zoom) | Eva |
| 6.00pm – 7.15pm | Vinyasa Flow (all levels) Breath & movement, dynamic asana, £9 | Fiona |
| 7.30pm – 9.00pm | Vinyasa Flow (all levels) Breath & movement, dynamic asana, £9 | Fiona |

Thursday

| | | |
|-------------------|---|----------|
| 9.45am - 10.45am | Back2Basics Yoga Gentle Yoga suitable for beginners, £8 | Jonathan |
| 11.15am – 12.30pm | Yoga Foundations Gentle class for all, £10 | Roz |
| 2.00pm – 3.00pm | RB Pilates Group Class £12 drop in or £60/6 | Rebecca |

| | | |
|-----------------|--|---------|
| 4.00pm – 5.00pm | Restorative Yoga Deep rest and relaxation, £9 (also on Zoom) | Eva |
| 5.30pm – 6.30pm | Nourishing Yoga & Yoga Nidra Very gentle and soothing, £10 | Karen |
| 7.00pm – 8.00pm | Aroma Yoga Gentle Yoga with aromatic oils, £8 or £40/6 | Lindsay |

Friday

| | | |
|-------------------|---|----------|
| 10.00am – 11.00am | Gentle Hatha Yoga – Let go of the week £9.00 £32/4 (Also on Zoom) | Safia |
| 12.15pm – 1.15pm | Aerial Hoop – Lunch Time Lift All abilities, £10.50 | Maria |
| 1.30pm – 2.30pm | Aerial Pilates Explore pilates in the air, £11 | Sophie |
| 6.30pm – 7.30pm | Beginners & Beyond Yoga £8 | Chantell |

Saturday

| | | |
|---|--|--------|
| 10.00am – 11.15am | Yoga Group Course focused on specific areas | Roz |
| Not on 1 st Sat of the month | Hands On Adjustment Master Class A monthly workshop, £30 | Lynne |
| 10.30am – 12.30pm | Yoga Trapeze Aerial practice, using silk trapeze. £20 | Angela |
| 1 st Sat of the month | Chant & Chill Introduction to Vedic Chanting, £3 | Bella |
| 12noon – 1.30pm | Beginners Yoga Step by step, £9 or 4/£30 | Bella |
| 2 nd Sat of the month | | |
| 4.30pm – 5.15pm | | |
| 5.30pm – 6.30pm | | |

Sunday

| | | |
|--|--|--------|
| 9.00am – 10.00am | Setup your Sunday Yoga Yoga for All abilities, £8 (Also on Zoom) | Angela |
| 11.00am-12.15pm | Yoga for Everybody All abilities, £9 (Also on Zoom) | Eva |
| By appointment Between 1.30pm – 5pm | Reiki Healing / Aromatherapy Massage Book on 07982 119519 | Claire |
| 6.00pm – 7.30pm | Reflect & Restore Physical practice, meditation, breath, journaling. £12 | Connie |

ALL CLASSES NEED TO BE BOOKED IN ADVANCE VIA OUR WEBSITE

www.yogaeastbourne.com/group-class-schedule

ZOOM & YOGA ON DEMAND now available on our website

www.yogaeastbourne.com/members