

Upcoming Events and Centre News!

Date/Time/Details	Event
Saturday 16 July 10am	Stay Young With Yoga – Fiona Agombar
Tuesday 19 July 8pm	Community Bookclub – discuss <i>M.Scott Peck's "The Different Drum"</i>
Wed 20 July 7pm	Evening of Spirituality (chanting) Swami's Gurusharananda & Mangalananda
Thursday 21 July 6pm	Holistic Business Network meeting at the Centre – therapists/practitioners
Saturday 23 July 10am	Meditation for Life Level I - Leon Deith
Wed 27 July 2pm	Knit and Knatter – all welcome to come and Knit (or learn) Community.
Thurs 28 July – Thurs 23 Aug	HYPNOBIRTHING® ANTENATAL Classes for couples - Leila Gardiner
Sunday 31 July 2pm	Vinyasa Through the Chakras with Donna
15 – 26 August course	Soulwork Practitioner Training with Martyn Carruthers and Kosjenka
Saturday 27 August 10am	Meditation for Life Level 2 for those with Level I - Leon Deith
Thurs 2 nd Sept – Tues 5 th Sept	Laughter Yoga Leader Training /Community ~ Charlotte Eaton LifeBulb
Saturday 10 Sept 10:30am	Swami Yogeshwarananda talks on Patanjali's Yoga Sutras (The Keys)
Sat 24 th – Sun 25 Sept 10am	Reiki Two (Okuden) with Anne-Marie Carratu
Sunday 25 th September 10am	Meditation for Life Level 3 for those with Meditation II - Leon Deith
Sunday 25 th Sept 10:30	Lentils, Beans & Legumes Ayurvedic Cooking with Ratna Dey Cordukes
Saturday 1 Oct 10 – 5pm	Self Discovery Day with taster sessions – details to follow
Saturday 1 Oct 7:30pm	Frank Albrecht from "The Life" – 2012 and Preparing our Lifestyles (talk)
Sunday 2 nd October all day	Frank Albrecht 2012 and Preparing our Lifestyles – workshop
Sunday 2 nd Oct 10:30	Women's health and wellbeing with Ayurveda – Ratna Dey Cordukes
Friday 7 and Sat 8 October	The Hero's Journey with Colleen Guy
22/23 October Weekend 10-4	Reiki One – First Degree (Shoden) with Anne-Marie Carratu
Sunday 23 October 2pm	Opening the Heart and Hips for deep Backbends – Donna
Fri 28 – Sun 30 October all day	Making Love Last – workshop with Martyn Carruthers/Kosjenka
Tuesday 1 November all day	Day of the Dead – celebrating our ancestors
Sunday 27 th Nov 10:30am	Cooking class – Ayurvedic Good Mood Food with Ratna – NEW
Saturday 10 th December 10am	David Sye from Yoga Beats – workshop (Booking essential)
2012	YogaAnanda Yoga Teachers Training – register at reception for details

Please note : all workshops should be booked at the Reception 01737 222 400 or info@YogaAnanda.co.uk

For the latest news and any other workshops planned, please see www.YogaAnanda.co.uk/workshops

Class Timetable for the Coming Week (check online for changes)

Monday (Timetable repeats weekly)		
10:30 – 12:00	Drop-in Yoga for all	Veena
17:30 – 19:00	Strong Vinyasa Flow	Claire Fidler
19:00 – 20:15	Drop-in Hatha Yoga	Veena
19:00 – 20:00	Pilates for All	Johanna O'Neill
19:05 - 20:05	NIA Dance	Emma Townsend
20:20 - 21:30	** Gentle Pregnancy Stretch Yoga	Veena
20:15 - 21:30	Drop In Yoga	Leon
Tuesday		
09:15 – 10:15	Yogalattes Yoga/Pilates	Dhanashri
10:30 – 12:00	Yoga Flow with Dhanashri	Dhanashri
10:30 – 11:30	Meditation for Life	Leon
1pm – 1:45pm	£6 Special Lunch Yoga/Stretch	Leon
16:30 - 17:30	Kids and Family Yoga (Started)	Tony Parsons
16:30 – 17:30	££ Children's Acrobatics	Charli
17:30 – 19:00	Yoga Flow	Dhanashri
19:00 – 20:00	££ Yoga Rhythm	Charli
19:00 – 20:15	Beginners/ Easy Yoga	Veena
20:15 – 21:30	Community Sharing/Bookclub/Talk	All – free event
20:00 – 21:00	££ StreetDance for Adults	Charli
Wednesday		
07:00 - 08:30	Sunrise Yoga with Leon	Leon
09:15 - 10:30	Drop-in Yoga for All	Veena
10:30 – 12:00	Gentle Hatha Yoga for all	Tony Parsons
10:30 - 11:30	Meditation for Life	Leon
1pm – 1:45pm	£6 Special Lunch Yoga – starts 27/7	Donna Gerrard
14:00 - 15:15	Pregnancy Yoga – starts 27/7	Donna Gerrard
16:30 - 17:15	Rainbow Kids Yoga starts 27/7	Donna Gerrard
18:00 - 19:30	Vinyasa Flow Yoga starts 27/7	Donna Gerrard
18:00 - 19:15	££ Adult Ballet during school terms	Sally
18:00 – 19:00	Kriya Energising session	Leon
19:15 - 21:00	Kriya Satsang	Leon – free event
19:30 - 21:00	Drop-in Yoga	Veena
19:30 – 20:30	** Zumba Dance –please book	Cecile
19:30 - 21:00	££ Aikido Spirit – for all	Darren Bond

Thursday		
09:15 - 10:30	Beginners Yoga	Veena
09:15 - 10:30	Yoga Flow	Dhanashri
10:30 - 11:30	Meditation for Life	Leon
10:45 – 12:00	Gentle Restorative Yoga	Veena
10:30 – 11:45	££ Taijiwuxigong (Healing QiGong)	Paul Brewer
11:50 – 12:50	££ Heaven Mountain TaijiQuan	Paul Brewer
17:30 - 19:00	Yoga Flow	Dhanashri
19:00 - 20:15	Yogalattes (Yoga/Pilates)	Dhanashri
19:00 - 20:00	Meditation for Life	Leon
19:30 - 20:45	** Beginners/ Easy Yoga	Veena
Friday		
09:30 - 10:45	Kundalini Yoga - please book	Helene Jai Kartar Kaur
10:30 - 11:30	Meditation for Life	Leon
1pm – 2.15pm	Drop-in Yoga	Patricia Barnett
18:00 – 19:30	Stress Busting Yoga	Tony Parsons
Saturday		
9:00 – 10:30	Strong Vinyasa Flow	Claire Fidler
10:00 – 12:00	Yoga Masterclass 30/7 03/09 £11	Audrey Brun
10:00 - 11:30	** Kundalini Yoga – please book	Helene Jai Kartar Kaur
11:00 – 12:15	Drop in Yoga for all	Rachel/Joe Gillam
11:15 – 12:00	Relaxation and Reiki starts 9/07	Emma Horne
Sunday		
10:00 - 11:30	Strong Vinyasa Flow class	Claire Fidler
17:30 - 19:30	Satsang 10/7, 31/7 – check website for details	
** Please BOOK for classes marked ** 01737 222 400		
££ These classes are not part of Class Pass schedule: so please book with, and pay Teacher DIRECTLY		

Please check the website for any changes, this page printed 15-Jul-11
www.yogaAnanda.co.uk, Timetable or Classes page - or call 01737 222 400