

Yoga Classes to March 2012 at Bodywise

drop in, courses, workshop (concessions)

Yoga Courses

Tuesday	Beginners Iyengar Yoga, Alan	8pm–9.30pm	10 th Jan – 14 th Feb 6 wks 21 st Feb – 27 th March 6 wks	£49/£36 5wks £58.50/£43.50 6 wks Drop in £11.50/£8
Wednesday	Open Kundalini Yoga, Lila	6pm – 7.30pm	11 th Jan – 15 th Feb 6 wks 22 nd Feb – 21 st March 5 wks	£49/£36 5 wks £58.50/£43.50 6 wks Drop in £11.50/£8
Thursday	Open Yoga for Cyclists, Rebecca	7.45pm–9.15pm	5 th Jan – 16 th Feb 7 wks 23 rd Feb – 29 th March 6 wks	£58.50/£43.50 6 wks £68.50/£50.50 7 wks Drop in £11.50/£8
Saturday	Open Restorative Iyengar Yoga, Sophie Classes start 14 th Jan, no class 7 th Jan	2.15pm–4pm	4 wk rolling course, initial assessment £25 included in course fee for new students	£44/£34 4wks (continuing students) £69/£59 4 wks (new students) Drop in £13.50/9.50 (by arrangement)

Yoga Workshops (booking required)

Sunday 15th Jan	General Iyengar Yoga, Marco	10am – 1pm	£24/£18 (2 yrs of regular Iyengar experience required)
Saturday 28th Jan	Open Yoga for Cyclists, Rebecca	2.30pm – 5.30pm	£24/£18
Saturday 25th Feb	Open Yoga for Cyclists, Rebecca	2.30pm – 5.30pm	£24/£18
Sunday 26th Feb	Open Goldenyoga, Sallyanne	10am – 1pm	£24/£18
Sunday 11th March	Open Yoga body of light, Angelika	10am – 1pm	£24/£18
Sunday 18th Mar	General Iyengar Yoga, Marco	10am – 1pm	£24/£18 (2 yrs of regular Iyengar experience required)

Yoga Drop In Classes

Mon-Fri Lunchtime Yoga Open to All	Mon, Tue – Marco , Iyengar Wed – Sallyanne , Goldenyoga Thu – Angelika , Yoga body of light Fri – Laura , Iyengar	1pm–2pm	Each week day	£8/£5.50 Enquire about lunchtime passes
Monday	Beginners Yoga body of light, Rachel	6pm–7.30pm	Each Mon	£10.50/£7.50
	Open Goldenyoga, Sallyanne	6pm–7.30pm	Each Mon	£10/50 / £7.50
Tuesday	General Iyengar Yoga, Marco	6.15pm–7.45pm	Each Tues	£10.50/£7.50 (2 yrs regular Iyengar practice)
	General Yoga body of light, Angelika	6.15pm–7.45pm	Each Tues	£10.50/£7.50
	Womens Yoga body of light, Angelika	8pm–9.30pm	Each Tues	£10.50/£7.50
Wednesday	Open Yoga for Pregnancy, Amanda (Iyengar based Fusion)	10am–11.30am	Each Weds	£9.50/£6
	Open Yoga for Mother & Baby, Amanda (Iyengar based Fusion)	11.30am–1pm	Each Weds	£9.50/£6 (includes refreshments)
	Beginners Iyengar Yoga, Marco	6.15pm–7.45pm	Each Weds	£10.50/£7.50
	Open Ashtanga Yoga, Nina Forbes	7.50pm–9.20pm	Each Weds	£10.50/£7.50
Thursday	Intermediate Yoga body of light, Angelika	6.15pm–8pm	Each Thurs	£11.50/£9
Saturday	Open Ashtanga Yoga, Nina Forbes	9am–10.30am	Each Sat	£10.50/£7.50
	Intermediate Iyengar Yoga, Sophie	9.30am–11.30am	Each Sat	£12.50/£10 (for experienced Iyengar students only, ask teacher)
	Beginners Iyengar Yoga, Nina Geyer	10.30am–12pm	Each Sat	£10.50/£7.50
	General Iyengar Yoga, Sophie	11.30am–1pm	Each Sat	£10.50/£7.50 (2 yrs regular Iyengar practice)
Sunday	Beginners Iyengar Yoga, Nina Geyer	10.30am – 12pm	Each Sun	£10.50/£7.50



on twitter for updates @BodywiseHealth

Please turn over for more classes →

(updated 30th December 2011)

Pilates and other Classes to March 2012 at Bodywise

Pilates Courses

Tuesday	Pilates for Rehabilitation, Ester	9.30am–10.45am	10 th Jan – 14 th Feb 6 wks 21 st Feb – 27 th Mar 6 wks	£58.50/£43.50 6 wks Drop in £11.50/£8
Thursday	Improvers Pilates, Tina	8pm–9.15pm	19 th Jan – 16 th Feb 5 wks 23 rd Feb – 29 th Mar 6 wks	£44/£31 5 wks £52.50/£37 6 wks Drop in £10.50/£7
Friday	Pilates for Rehabilitation, Helen	6pm–7.15pm	27 th Jan – 24 th Feb 5 wks 2 nd Mar – 30 th Mar 5 wks	£49/£36 5 wks Drop in £11.50/£8
	Improvers Pilates, Esther	6.15pm – 7.30pm	13 th Jan – 17 th Feb 6 wks 24 th Feb – 30 th Mar 6 wks	£44/£31 5wks £52.50/£37 6 wks Drop in £10.50/£7
	Beginners Pilates, Esther	7.30pm – 8.45pm	13 th Jan – 17 th Feb 6 wks 24 th Feb – 30 th Mar 6 wks	£44/£31 5wks £52.50/£37 6 wks Drop in £10.50/£7

Pilates Drop In Classes

Monday	Open Pilates, Ester	7.45pm – 9pm	Each Mon	£9.50/£6.50
Thursday Lunchtime	Open Pilates, Tina Start 19 th Jan	1.15pm–2.15pm	Each Thurs	£8/£5.50
Saturday	Open Pilates, Andrea	12pm–1.15pm	Each Sat	£9.50/£6.50
	Improvers Pilates, Andrea	1.15pm–2.30pm	Each Sat	£9.50/£6.50

Chi Kung Courses

Monday	Open Elemental Chi Kung, Ushi	7.30pm – 9pm	9 th Jan – 6 th Feb 5 wks 20 th Feb – 19 th Mar 5 wks	£49/£36 5 wks No bookings after 2 nd week, No drop in
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Chi Kung & Other Workshops

Saturday 21st Jan	Open Elemental Chi Kung, Ushi	3pm – 5.30pm	£20/£15, pls book
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Also at Bodywise

Holistic Therapies – a wide range of holistic therapies with fully qualified and insured practitioners – enquire for details

'Yoga+' Shop – selling books, yoga and other equipment, happy to order specialist items

Room Hire– practice studio and therapy/meeting space – enquire for details

Bodywise Yoga and Natural Health Centre 'An oasis in the city' Time Out (7 days a week)



bodywise

yoga & natural health centre

Yoga • Pilates • Tai Chi • Qi Gong
Complementary Therapies
Low-cost clinics



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