

# Yoga Classes April-May 2012 at Bodywise drop in, courses, workshop (concessions)

[Please see note at the bottom of page 2 regarding our premises](#)

## Yoga Courses

<b>Tuesday</b>	Beginners Iyengar Yoga, <b>Alan</b>	8pm–9.30pm	3 <sup>rd</sup> Apr – 15 <sup>th</sup> May 7 wks	£68.50/£50.50 7 wks Drop in £11.50/£8
<b>Wednesday</b>	Open Kundalini Yoga, <b>Helen</b>	6pm – 7.30pm	28 <sup>th</sup> Mar – 25 <sup>th</sup> Apr 5 wks 3 <sup>rd</sup> May – 16 <sup>th</sup> May 3 wks	£58.50/£43.50 6 wks £30/£22 3 wks Drop in £11.50/£8
<b>Thursday</b>	Open Yoga for Cyclists, <b>Rebecca</b>	7.30pm–9pm	5 <sup>th</sup> Apr – 3 <sup>rd</sup> May 5 wks	£49/£36 5 wks Drop in £11.50/£8

## Yoga Workshops (booking required)

<b>Sunday 15<sup>th</sup> Apr</b>	General Iyengar Yoga, <b>Marco</b>	10am – 1pm	£24/£18 (2 yrs of regular Iyengar experience required)
<b>Sunday 29<sup>th</sup> Apr</b>	Yoga for cyclists, <b>Rebecca</b>	12noon – 3pm	£24/£18
<b>Sunday 13<sup>th</sup> May</b>	General Iyengar Yoga, <b>Marco</b>	10am – 1pm	£24/£18 (2 yrs of regular Iyengar experience required)
<b>Saturday 26<sup>th</sup> May</b>	Open Yoga Body of Light, <b>Angelika</b>	2.30pm – 5.30pm	£24/£18

## Yoga Drop In Classes

**drop-in classes at 119 Roman Road until 20<sup>th</sup> May**  
(new premises to be confirmed later – please check our website regularly)

<b>Mon-Fri Lunchtime Yoga Open to All</b>	Mon, Tue – <b>Marco</b> , Iyengar Wed – <b>Sallyanne</b> , Goldenyoga Thu – <b>Angelika</b> , Yoga body of light Fri – <b>Laura</b> , Iyengar	1pm–2pm	Each week day	£8/£5.50 Enquire about lunchtime passes
<b>Monday</b>	Beginners Yoga body of light, <b>Rachel</b>	6pm–7.30pm	Each Mon	£10.50/£7.50
	Open Goldenyoga, <b>Sallyanne</b>	6pm–7.30pm	Each Mon	£10/50 / £7.50
<b>Tuesday</b>	General Iyengar Yoga, <b>Marco</b>	6.15pm–7.45pm	Each Tues	£10.50/£7.50 (2 yrs regular Iyengar practice)
	General Yoga body of light, <b>Angelika</b>	6.15pm–7.45pm	Each Tues	£10.50/£7.50
	Womens Yoga body of light, <b>Angelika</b>	8pm–9.30pm	Each Tues	£10.50/£7.50
<b>Wednesday</b>	Open Yoga for Pregnancy, <b>Amanda</b> (Iyengar based Fusion)	10am–11.30am	Each Weds	£9.50/£6
	Open Yoga for Mother & Baby, <b>Amanda</b> (Iyengar based Fusion)	11.30am–1pm	Each Weds	£9.50/£6 (includes refreshments)
	Beginners Iyengar Yoga, <b>Marco</b>	6.15pm–7.45pm	Each Weds	£10.50/£7.50
	Open Ashtanga Yoga, <b>Nina Forbes</b>	7.50pm–9.20pm	Each Weds	£10.50/£7.50
<b>Thursday</b>	Intermediate Yoga body of light, <b>Angelika</b>	6.15pm–8pm	Each Thurs	£11.50/£9
<b>Saturday</b>	Open Ashtanga Yoga, <b>Nicola</b>	9am–10.30am	Each Sat not 7 <sup>th</sup> Apr	£10.50/£7.50
	Intermediate Iyengar Yoga, <b>Barbara, Marco and Aubrey</b>	9.30am–11.30am	Each Sat not 7 <sup>th</sup> Apr 21 <sup>st</sup> Apr tbc	£12.50/£10 (for experienced Iyengar students only, ask teacher)
	Beginners Iyengar Yoga, <b>Nina Geyer</b>	10.30am–12pm	Each Sat not 7 <sup>th</sup> Apr	£10.50/£7.50
	General Iyengar Yoga, <b>Barbara/Marco</b>	11.30am–1pm	Each Sat not 7 <sup>th</sup> Apr	£10.50/£7.50 (2 yrs regular Iyengar practice)
<b>Sunday</b>	Beginners Iyengar Yoga, <b>Nina Geyer</b>	10.30am – 12pm	Each Sun not 8 <sup>th</sup> Apr	£10.50/£7.50



on twitter for updates @BodywiseHealth

Please turn over for more classes →

(updated 30<sup>th</sup> March 2012)

# Pilates and other Classes April-May 2012 at Bodywise

## Pilates Courses

<b>Tuesday</b>	Pilates for Rehabilitation, <b>Ester</b>	9.30am–10.45am	3 <sup>rd</sup> Apr – 24 <sup>th</sup> Apr 4 wks 1 <sup>st</sup> May – 22 <sup>nd</sup> May 4 wks	£39/£29 4 wks Drop in £11.50/£8
<b>Thursday</b>	Improvers Pilates, <b>Tina</b>	8pm–9.15pm	5 <sup>th</sup> Apr – 26 <sup>th</sup> Apr 4 wks 3 <sup>rd</sup> May – 17 <sup>th</sup> May 3 wks	£36/£26 4 wks £27/£20 3 wks Drop in £10.50/£7
<b>Friday</b>	Pilates for Rehabilitation, <b>Helen</b>	6pm–7.15pm	13 <sup>th</sup> Apr – 18 <sup>th</sup> May 6 wks	£58.50/£43.50 6 wks Drop in £11.50/£8
	Improvers Pilates, <b>Esther</b>	6.15pm – 7.30pm	13 <sup>th</sup> Apr – 18 <sup>th</sup> May 6 wks	£52.50/£37 6 wks Drop in £10.50/£7
	Beginners Pilates, <b>Esther</b>	7.30pm – 8.45pm	13 <sup>th</sup> Apr – 18 <sup>th</sup> May 6 wks	£52.50/£37 6 wks Drop in £10.50/£7

## Pilates Drop In Classes

drop-in classes at 119 Roman Road until 20<sup>th</sup> May  
(new premises to be confirmed later – please check our website regularly)

<b>Monday</b>	Open Pilates, <b>Ester</b>	7.45pm – 9pm	Each Mon	£9.50/£6.50
<b>Thursday</b>	Open Pilates, <b>Tina</b>	1.15pm–2.15pm	Each Thurs	£8/£5.50
<b>Saturday</b>	Open Pilates, <b>Andrea</b>	12pm–1.15pm	Each Sat	£9.50/£6.50
	Improvers Pilates, <b>Andrea</b>	1.15pm–2.30pm	Each Sat	£9.50/£6.50

## Chi Kung Courses

<b>Monday</b>	Open Elemental Chi Kung, <b>Ushi</b>	7.30pm – 9pm	26 <sup>th</sup> Mar – 1 <sup>st</sup> May 5 wks	£49/£36 5 wks No bookings after 2 <sup>nd</sup> week, No drop in
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## Chi Kung & Other Workshops

date tbc	Open Elemental Chi Kung, <b>Ushi</b>	3pm – 5.30pm	£20/£15, pls book
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**Holistic Therapies** – a wide range of holistic therapies with fully qualified and insured practitioners – enquire for details

**Bodywise Yoga and Natural Health is negotiating new premises and partnerships with local community groups, with a view to re-launching as soon as possible.**  
Please keep checking our website for news regarding the temporary location of classes, workshops and therapies during this transition period.  
Thank you for your on-going support!



bodywise  
yoga & natural health centre

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



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more classes →  
(updated 30<sup>th</sup> March 2012)

