

# **Summer Schedule**

## **w/c 15th July (week 1)**

### **Mon 15th**

- 9.30am Yoga with Sue (drop in)
- 6.15pm Yoga with Leigh (pre book)
- 8pm Pilates with Nat (full)
- 8.15pm Yoga with Leigh (drop in Community centre)

### **Tues 16th**

- 9.30am Yoga with Leigh (drop in)
- 11.05 Gong Meditation (drop in)
- 6.30pm Yoga with Leigh (drop in)
- 8pm Yoga with Leigh (full)

### **Wed 17th**

- 6.15pm Parent and child Yoga w/ Elaine
- 8pm Vinyasa Yoga with Mel (drop in)

### **Thurs 18th**

- 11.15am Mindfulness Yoga with Naseem (drop in)
- 8pm Yoga with Sue (drop in)

### **Fri 19th**

- 7.30pm Flow Yoga workshop with Mel  
(book with Mel 07816 474096, email melhancill@gmail.com)

### **Sat 20th**

- 9.30am Yoga with Sue (drop in)
- 2.30pm Saturday Sanctuary with Elaine (full)

All classes are at The Notley Yoga Centre, Blackley Lane, Great Notley  
(apart from Monday 8.15pm)

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# **Summer Schedule**

## **w/c 22nd and w/c 29th July, (week 2 and 3)**

### **Monday 22nd & 29th**

9.30am Yoga with Sue (drop in)

6.15pm Yoga with cover (full)

8pm Pilates with Nat (full)

### **Tues 23rd & 30th**

6.30pm Yoga with cover (drop in)

8pm Yoga with cover (full)

### **Wed 24th & 31st**

8pm Vinyasa Yoga with Mel (drop in)

### **Thurs 25th**

11.15am Mindfulness Yoga with Naseem (drop in)

Yoga with Sue (drop in)

### **Thurs 2nd Aug**

8pm No class with Sue

### **Fri 26th**

Meditation with Naseem (book online)

### **Sat 27th**

9.30am Yoga with Sue

### **Sat 3rd Aug**

No Yoga with Sue

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(apart from Monday 8.15pm)

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# **Summer Schedule**

## **w/c 29th July (week 4)**

### **Mon 29th**

9.30am Yoga with Sue (drop in)

6.15pm Yoga with cover (full)

8pm Pilates with Nat (full)

### **Tues 30th**

6.30pm Yoga with cover (drop in)

8pm Yoga with cover (full)

### **Wed 31st**

8pm Vinyasa Yoga with Mel (drop in)

### **Thurs 1st Aug**

11.15am Mindfulness Yoga with Naseem (drop in)

### **Fri 2nd**

No classes

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# **Summer Schedule**

## **w/c 5th Aug (week 5)**

### **Mon 5th**

8pm Pilates with Nat (full)

### **Tues 6th**

6.30pm Yoga with cover (drop in)

8pm Yoga with cover (full)

### **Wed 7th**

8pm Vinyasa Yoga with Mel (drop in)

### **Thurs 8th**

11.15am Mindfulness Yoga with Naseem (drop in)

8pm Yoga with Sue (drop in)

### **Fri 9th**

7.30pm Yoga and Anxiety (book online)

### **Sat 10th**

9am Yoga workshop with Vicoria Adamson, Somatic  
Movement

(to book your space please email [victoria@shivayoga.co.uk](mailto:victoria@shivayoga.co.uk))

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(apart from Monday 8.15pm)

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## **Summer Schedule**

### **w/c 12th and w/c 19th Aug (week 6 and 7)**

#### **Mon 12th & 16th**

- 9.30 am Yoga with Sue (drop in)
- 6.15pm Yoga with Leigh (pre book)
- 8pm Pilates with Nat (full)
- 8.15pm Yoga with Leigh (drop in community centre)

#### **Tues 13th & 20th**

- 6.30pm Yoga with Leigh (drop in)
- 8pm Yoga with Leigh (full)

#### **Wed 14th & 21st**

- 8pm Vinyasa Yoga with Mel (drop in)

#### **Thurs 15th & 22nd**

- 9.30am Gentle Yoga with Leigh (drop in)
- 11.15am Mindfulness Yoga with Naseem (drop in)
- 8pm Yoga with Sue (drop in)

#### **Fri 16th & 23rd**

- 9.30am Yoga with Leigh (drop in)

#### **Sat 17th**

- 9.30am Yoga with Sue (drop in)
- 2.30pm Saturday Sanctuary w/ Elaine

#### **Sat 24th**

**No Yoga with Sue**

#### **Sun 18th**

- 4 - 7pm Restorative Yoga and Gong workshop with Leigh
- Please book online

#### **Sun 24th**

Gong, Didge and Bass Soothing Sound Bath (please book online)

# **Summer Schedule**

## **w/c 26th Aug (week 8)**

### **Mon 26th**

Bank holiday

### **Tues 27th**

6.30pm Yoga with Leigh (drop in)

8pm Yoga with Leigh (full)

### **Wed 28th**

8pm Vinyasa Yoga with Mel (drop in)

### **Thurs 29th**

9.30am Gentle Yoga with Leigh (drop in)

11.15am Mindfulness Yoga with Naseem (drop in)

### **Fri 30th**

9.30am Yoga with Leigh (drop in)

7.30pm Meditation with Naseem (book online)

### **Sat 31st**

9.30am Yoga with Sue (drop in)

**ALL CLASSES RESUME TO THE REGULAR SCHEDULE ON WED 4TH SEPT  
(apart from parent and child which returns the following week)**

