



# Weekly Class Timetable - Jan 2019

## Monday

10:00 – 11:15	Therapeutic Yoga and Stability
11:30 – 13:30	Able and Enabled Yoga
17:45 – 18:45	Beginner's Pilates
19:00 – 20:00	Postnatal Pilates

## Tuesday

09:30 – 10:30	Pilates
11:00 – 12:00	Gentle Years Yoga
12:30 – 13:45	Flow Yoga
18:00 – 19:15	Hatha Yoga
19:00 – 21:00	MBLC
19:30 – 20:30	Hot Yoga

## Wednesday

09:15 – 10:15	Wake Up The Week
10:30 – 11:30	Beginner's Yoga
14:00 – 15:00	Chair Yoga, Stretch and Dance
18:00 – 19:15	Core Yoga
19:30 – 20:30	Beginner's Yoga

## Thursday

09:30 – 10:30	Pilates
10:45 – 12:00	Hatha Yoga
18:00 – 19:15	Mindfulness & Yoga
19:30 – 20:30	Pilates

## Friday

09:30 – 10:30	Pilates
10:45 – 12:00	Mother & Baby Yoga
10:30 – 11:45	Gentle Yoga at Dene Park
18:15 – 19:15	Fitness Dance Class

## Saturday

11:00 – 11:45	Children's Yoga
13:00 – 14:00	Children's Ballet/Tap



To book on any of our classes, courses or therapies please visit [www.yorkshireyoga.co.uk](http://www.yorkshireyoga.co.uk)

For further enquiries or to book into a class please either:

Call us on 01423 864343 or email us at [info@yorkshireyoga.co.uk](mailto:info@yorkshireyoga.co.uk)

Yorkshire Yoga & Therapy Centre, 10 Halfpenny Close, Knaresborough, HG5 0TG

**WAKE UP THE WEEK** - An energetic fun class with an all round workout to get the heart pumping and the muscles stretched out. Including cardio, light weights, movement, yoga postures and deep stretching. Plus a relaxation at the end. Put a smile on your face – and feel great.

**THERAPEUTIC YOGA AND STABILITY** - A gentle class specifically designed for those with disabilities and health conditions who do not need the help of a hoist to get down to the mat.

**ABLE & ENABLED YOGA** - Yoga for wheelchair users and others who want support to go down to the mat. Wheelchair users are gently lifted from their chairs with our ceiling hoists to perform modified versions of yoga postures on yoga mats - assisted if required.

**PILATES** - Pilates is an exercise programme designed to increase strength and stability by working on core muscle groups. Come along and improve your balance, flexibility and well being!

**GENTLE YEARS YOGA** - Gentle Years is a specialised class aimed at the more mature generation, with gentle yet invigorating moves designed to strengthen muscles, increase flexibility and mobility, as well as to promote an all-round sense of well being.

**FLOW YOGA** - Flow Yoga focuses on accepting the body and mind where it is. By doing this we are able to explore different aspects within our own personal natural flow of movement, which is individual to us all. We will work with the breath, meditation and relaxation (and sometimes the voice). Come with a heart full of self love, openness and acceptance of going with the flow.

**HATHA YOGA** - Hatha Yoga can be practised by people of all ages and abilities to achieve total well-being, balance and optimum health. This is the class to choose if you are looking for balance and harmony in your life. It is a great way to gain a general introduction to all aspects of yoga.

**BEGINNER'S YOGA** - An Introduction to the amazing benefits of yoga. Suitable for everyone, no experience needed. Gentle but can still challenge you. A fantastic way to get fit and flexible.

**CORE YOGA** - Core Yoga blends yoga and Pilates into a cohesive practice ideal for those returning to exercise after a sedentary period. This is a therapeutic yoga programme focusing on postural alignment, gentle stretching and core strengthening. It is particularly beneficial for those suffering from back or neck problems.

**MINDFUL YOGA** - Gentle physical yoga practice helps unwind knots and release tension. Breath awareness brings the mind into the present moment.

**MOTHER & BABY YOGA** - Mother & Baby Yoga classes offer relaxing and rejuvenating sessions especially designed for post-partum mums and their new babies.

**CHAIR YOGA, STRETCH & DANCE** - A friendly active class (chair based or standing) – bringing together yoga, dance & stretch. Its fun, positive and relaxing, leaving you with a wonderful feeling of all over well being.

**FITNESS DANCE CLASS** - Dance your way to fitness – If you love dancing and keeping fit, then this is the class for you! Enjoy Cha Cha, Samba, Salsa, Quickstep, Charleston style exercise to music with clear step by step instruction. Suitable for any dance ability and fitness level. A great full body workout and fabulous fun and no partner required!

**CHILDREN'S BEGINNERS BALLET & TAP** - A great introduction to the world of dance. Learn the basic steps of Ballet & Tap in a fun and relaxing environment. For all children over the age of 2 years.

**HOT YOGA** - A challenging session including a series of 26 postures practised in a hot room.