



# Weekly Class Timetable

## Monday

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

## Tuesday

9:30 – 10:30 Pilates  
11:00 – 12:00 Gentle Years Yoga  
18:00 – 19:15 Hatha Yoga

## Wednesday

10:30 – 11:30 Beginner's Yoga  
13:00 – 14:00 Chair Yoga Stretch and Dance  
18:00 – 19:15 Core Yoga  
19:30 – 20:30 Beginner's Yoga

## Thursday

9:30 – 10:30 Pilates  
10:45 – 12:00 Hatha Yoga  
18:00 – 19:15 Mindfulness & Yoga  
19:30 – 20:30 Pilates

## Friday

9:30 – 10:30 Pilates  
10:45 – 12:00 Mother & Baby Yoga  
10:30 – 12:15 Gentle Yoga at Dene Park  
18:15 – 19:15 Fitness Dance Class

## Saturday

9:45 – 10:45 Hatha, Vinyasa Flow Yoga  
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 see our website:  
[www.yorkshireyoga.co.uk](http://www.yorkshireyoga.co.uk)

Please see our website or social media for our meditation classes and weekend workshops!

For further enquires 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



**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 wellbeing!

**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 wellbeing.

**HATHA YOGA** - Hatha Yoga can be practised by people of all ages and abilities to achieve total wellbeing, 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.

**HATHA, VINYASA FLOW YOGA** - This nourishing healing practice restores equilibrium to the body and mind. Flowing sequences help to increase energy and flexibility. Fluid movements open up the joints, helping to release long held tension. Creating a strong, supple balanced body. Breathing practices help to calm a busy mind allowing the nervous system to relax and the brain to unwind.

**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 wellbeing.

**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.

**CHILDREN'S YOGA AGED 7-11 YEARS** - A fun class introducing children to yoga postures and practice. Children build strength, stamina, boost confidence, learn relaxation techniques and focus.