

## CLASS INFORMATION

**DO I NEED TO BOOK OR NOT?** Classes at Yoga Place are run on a drop-in, first come first served basis. As we do not take bookings we recommend you arrive 15 minutes before class starts to ensure you reserve a place. Please make sure you choose an appropriate level for your ability. Courses, which are run on a Monday evening do need to be booked and paid for in advance (course details can be found to the right and on the website).

### LEVELS:

**Level 1 - Complete beginners and those with under a years practice. Please let the teacher know you are a complete beginner when starting.**

**Level 2 - For students with a year or more of regular practice.**

**Level 3 - For students with a strong regular practice.**

**All Levels - Open to everyone of all levels, Please let the teacher know if you are a beginner.**

**WHAT SHOULD I WEAR?** You can wear anything that is comfortable and easy to move in. Yoga is practiced bare foot and we ask that you leave your shoes at the door once you have come in and before booking in at reception.

**DO I NEED MY OWN MAT?** If you are coming to class on a drop in basis we do supply mats for your use, however, if you are practicing regularly you may find it nicer and more hygienic to buy your own. Mats can be bought in the Yoga Place shop.

**FOR EVERYONE ATTENDING YOGA PLACE** Please read 'important information' and 'class descriptions' on our website before attending any yoga sessions.

### GENERAL PRICES:

**Drop-in** £12.50 (£11.50 students / job seekers / OAPs)

**Off-Peak** £10.50 (11am to 5pm Monday to Friday)

### PRICES FOR DISCOUNT CLASS CARDS

**6 Classes** £66 (valid for two months)

**10 Classes** £100 (valid for three months)

**20 Classes** £190 (valid for three months)

### PRICES FOR STUDENT DISCOUNT & CONCESSION CLASS CARDS

**10 Classes** £90 (valid for three months)

### TERMS & CONDITIONS OF DISCOUNT CLASS CARDS – PLEASE READ!

Discount class cards are non-refundable and valid from date of first class taken. Extensions will only be given for a period of one month from the expiry date for a charge of £10. Cards can be frozen for a period of 2 months or more, please inform reception before you wish to freeze it and not after. Lost cards cannot be replaced. Cards can be transferred to another student by arrangement with Yoga Place.

**CREDIT CARDS ARE ONLY ACCEPTED ON TRANSACTIONS OF £10 AND OVER!**

## PREGNANCY / POSTNATAL / BABY YOGA

### All levels

Pregnancy classes start from 12 weeks pregnant and can be joined at any time during pregnancy. Postnatal & Baby Yoga from start 6 weeks + postpartum or when you feel you and your baby are ready.

No previous Yoga experience is necessary.

## COURSES AT YOGA PLACE

Please check the website or ask at reception for further details on the courses listed below. Booking is also essential to reserve your place.

### BEGINNERS YOGA 6 WEEK COURSE

**Mondays 6.45pm ~ 7.45pm**

Monday 9th Jan to Monday 13th Feb for six consecutive weeks  
Monday 14th May to Monday 25th June for 6 weeks with a break for the Spring Bank Holiday in the middle

**£63 for the complete 6 weeks (£57 cons)**

### ASHTANGA BEGINNERS YOGA COURSE 4 WEEKS

**Mondays 6.30pm - 7.45pm**

Monday 20th February to Monday 12th March for 4 consecutive weeks

Monday 2nd July to Monday 23rd July for 4 consecutive weeks

**£42 for the complete course (£38 cons)**

### ASHTANGA LEVEL 2 YOGA COURSE 6 WEEKS

**Mondays 6.45pm - 7.45pm**

Mondays 19th March to 30th April for 6 weeks with a break for the Easter Bank Holiday in the middle

**£63 for the complete 6 weeks (£57 cons)**

### LUNCH TIME ASHTANGA CLASS

**\*\*\*Tuesdays & Thursdays 1pm to 2.15pm**

**\*\*\*Wednesdays 2pm to 3pm**

£8.50 drop-in

### MORNING HATHA CLASS

**Tuesdays & Thursdays 8am to 9am** £8.50 drop-in

## \*MYSORE STYLE

### Mysore Style Ashtanga Yoga assisted self-practice

Mysore Style Ashtanga Yoga assisted self-practice Mysore style is how Ashtanga yoga was introduced and taught in Mysore, India by Sri K. Pattabhi Jois and now by his grandson, Sharath Jois. Each student works at his/her own individual pace within the group. One-to-one assistance, adjustment in the postures, and tuition are given within the group context. Students are taught new postures / series when they can remember the sequence and complete the posture on which they are currently working. This style of teaching makes Ashtanga yoga accessible to students at all levels.

**Complete beginners or those who are new to assisted self-practice should take the Introduction to Mysore Style workshop, or attend their first class any day of the week except Tuesday and be prepared to make a month commitment.**

Beginners must attend a minimum of three sessions per week for that month. If you are able to do half primary, that is up to Navasana, back bending, and full closing by memory then you are not a beginner. Beginners can arrive anytime between 6-8.20am Monday, Wednesday or Thursday, and 8-9.20am Sunday.

**Please note:** The 1st & 3rd Fridays of every month will be led classes, 6.45am to 8.15am and the 2nd & 4th Fridays will be Mysore style self practice from 6.30am-8.30am. When there are 5 Fridays in the month (July, Sept, and Dec) this 5th Friday will also be Mysore style self practice from 6.30am to 8.30am

**There is no morning practice on full or new moon days** see below for details.

### PRICES for MYSORE style Ashtanga Vinyasa Assisted Self Practice:

£125 for **4 wks** (£100)

£35 for **1 wk**

£13 for 1 class (for those already familiar with Mysore style)

### MOON DAYS

#### NEW MOON

November 25

December 24

January 23

February 21

March 22

April 21

May 21

June 19

July 19

August 17

September 16

October 15

November 13

December 13

#### FULL MOON

December 10

January 9

February 7

March 8

April 6

May 6

June 4

July 3

August 2

August 31

September 30

October 29

November 28

December 28