

Monday

Contributed by Administrator

Bournemouth 6.00 -7.15pm Hatha Yoga – Beginners class. Hardyman Room in Eastcliff United Reformed church, St Swithuns Road, Bournemouth. Contact Amba at www.integralyogadorset.org6.15 - 7.30pm Beginner's Yoga. Amethyst, 15 The Triangle. Contact Manjula at www.integralyogadorset.orgChristchurch

6.00-7.00pm Yoga for Pregnancy - Create space for you and your baby. Wessex Therapy Clinic, 17 Stour Road. Contact Claire Hincks on 01202 482497 or email: yoga@clairehincks.net Website: <http://www.clairehincks.net>Lymington 9-30 - 11am Pregnancy Yoga. St Mary's Church Hall, Everton. Contact Ruth at www.integralyogadorset.org11.15 -12.15pm Post Natal Yoga with Baby. St Mary's Church Hall, Everton. Contact Ruth at www.integralyogadorset.org6.00-7.30pm Hatha Yoga. All Saints Church Hall, Lymington. Contact Ruth at www.integralyogadorset.org7.45-9.15pm Hatha Yoga. All Saints Church Hall, Lymington. Contact Ruth at www.integralyogadorset.orgPoole & Lower Parkstone 10.30 - 11.30am Hatha Yoga for over 50's. Poole Yoga Centre, Denmark House, 35 Denmark Road, Poole. (Nr. Poole Hospital). Contact Jo on 01202 267163

6.00 - 7.15pm Hatha Yoga for complete beginners. Poole Yoga Centre, Denmark House, 35 Denmark Road, Poole. (Nr. Poole Hospital). Contact Suzanne on 01202 6035557.30 – 9.00pm Ashtanga Yoga. (Not suitable for complete beginners) Poole Yoga Centre, Denmark House, 35 Denmark Road, Poole. (Nr. Poole Hospital). £45 for block of 6 (consecutive) classes or £8.50 drop in. Contact Helen for details at helen.mccabe@greenprint.info 7.45-9.00pm Beginners Yoga. Zen Zone, 2a Davis Road, Poole. Contact Radha at www.integralyogadorset.org

Salisbury10.00 - 11.30 am Ashtanga Yoga (based upon the Ashtanga Primary Series incorporating Pranayama (breath control) and meditation). Salisbury Arts Centre, Bedwin Street, Salisbury. SP1 3UT. £6.50 per class if booked by the term, £8.00 drop-in. (Term time only). Please contact Peter or Heather before attending your first class. Peter Martindale & Heather Buchan can be contacted via email at peter@greendroveyoga.org.uk Website: <http://www.greendroveyoga.org.uk>6.30 - 8.00 pm Ashtanga Yoga (based upon the Ashtanga Primary Series incorporating Pranayama (breath control) and meditation). Salisbury Arts Centre, Bedwin Street, Salisbury. SP1 3UT. £6.50 per class if booked by the term, £8.00 drop-in. (Term time only) Please contact Peter or Heather before attending your first class. Peter Martindale & Heather Buchan can be contacted via email at peter@greendroveyoga.org.uk Website: <http://www.greendroveyoga.org.uk/>