

Thursday

Contributed by Administrator

Bournemouth

7.00-8.30pm Hatha Yoga. St. Ambrose Church Hall, Westcliff Road, Westbourne. Contact Sumukhi at www.integralyogadorset.org Boscombe

Healthy Living Project. Six week courses funded by the Lottery for people with low incomes. Details from www.integralyogadorset.org Christchurch & Southbourne

9.30 – 11.15am Hatha Yoga. Stanpit Girl Guide Hut. Contact Julia on 07989 971928 or email j.silvaperez@ntlworld.com

5.30-6.30pm Yoga for Body, Breath and Mind - small group classes weekly. URC Hall, Burton, Christchurch. Booking essential. Contact Claire Hincks on 01202 482497 or email: yoga@clairehincks.net Website: <http://www.clairehincks.net>

6.00-7.15pm Hatha Yoga. Southbourne Methodist Church. Contact Julia on 07989 971928 or email j.silvaperez@ntlworld.com

6.45-8.15pm Yoga for Body, Breath and Mind - small group classes weekly. URC Hall, Burton, Christchurch. Booking essential. Contact Claire Hincks on 01202 482497 or email: yoga@clairehincks.net Website: <http://www.clairehincks.net>

7.30-9.00pm Hatha Yoga. Dance Studio, The Grange School, Redvers Road, Christchurch. £6/class. Contact Gill Taylor on 01425 276792 or email: gilltaylor1@yahoo.co.uk Website: www.thehealingplace.co.uk Highcliffe

11.15am-12.15pm Hatha Yoga. Suitable for beginners. Methodist Church Hall, Lymington Road, Highcliffe. £4/class. Contact Gill Taylor on 01425 276792 or email: gilltaylor1@yahoo.co.uk Website: www.thehealingplace.co.uk Poole & Lower Parkstone

6.30 - 8.30am Ashtanga. Early Morning Mysore Classes (arrive any time up to 7.30). The Zen Zone, 2a Davis Road, Parkstone, Poole BH12 2BA. Assisted self practice class with Helen McCabe and Scott Parsons. All levels welcome. £7. Contact Helen for details at helen.mccabe@greenprint.info or The Zen Zone at contact@thezenzone.info Website: <http://www.thezenzone.info>

10.00 - 11.30am Hatha Yoga. Mixed ability. Suitable for beginners and improvers. Poole Yoga Centre, Denmark House, 35 Denmark Road, Poole (Nr. Poole Hospital). £6/class drop-in or £21 for 4 classes pre-paid. Contact Wendy on 01202 707294 or email: wendyoga@aol.com . Website: <http://wendyoga.co.uk>

10.00 – 11.30am Multilevel Hatha Yoga. Holy Angel Church Hall, Lilliput Road, Lilliput, Poole. Contact Sumukhi at www.integralyogadorset.org

11.45am – 1.00pm Mother and Baby Yoga. Holy Angel Church Hall, Lilliput Road, Lilliput, Poole. Contact Sumukhi at www.integralyogadorset.org

7.30-8.45 pm Beginner's Class. Poole Yoga Centre, 35 Denmark Road, Poole. Contact Vicky on 01202 715788