

April Workshops

Date								
Date	Time	Description	Facilitator	Cost £				
Wed 1st April	10:00-11:00	Relaxation Class 6	Andrea	7				
Wed 1st April	13:00-14:00	Intro to EFT	Aline					
Wed 1st April	18:45-20:00	Iyengar Yoga	Lizzi	5				
Thurs 2nd	10-11:30	Detox Yoga	Pauline	7				
Thurs 2nd	17:30-19:00	Meditation						
Sat 4th	10:00-11:00	Relaxation Class 9	Andrea	7				
Tues 7th	10:00-11:30	Yoga	Pauline	7				
Tues 7th	13:30-15:15	How to Change Your Self Limiting Beliefs - Part 1	Andrea/Mandy	80.00 for the 3 workshops				
Tues 7th	16:30-18:30	Change Your Belief - Part 1	Andrea/Mandy	as above				
Tues 7th	18:45-20:00	Iyengar Yoga	Helen	5				
Wed 8th	10:00-11:00	Relaxation Class 7	Andrea	7				
Wed 8th	18:45-20:00	Iyengar Yoga	Lizzi	5				
Thurs 9th	10-11:30	Detox Yoga	Pauline	7				
Thurs 9th	16:30-17:30	Pilates	Jackie	4.50				
Thurs 9th	17:30-19:00	Meditation						
Sat 11th	10:00-11:00	Relaxation Class 10	Andrea	7				
Sat 11th	11:30-17:30	Change Your Belief - Part 2	Andrea	80.00 for 3 workshops				
Sun 12th	10:00-12:00	Change Your Belief - Part 3	Andrea	as above				
Tues 14th	10-11:30	Yoga	Pauline	7				
Tues 14th	18:45-20:00	Iyengar Yoga	Helen	5				
Wed 15th	10:00-11:00	Relaxation Class 8	Andrea	7				
Wed 15th	11:00-15:00	Progy Mats	Hazel	15.50 inc lunch				
Wed 15th	19:00-21:00	Your Creative Journey 1	Sara Scott	8				
Wed 15th	18:45-20:00	Iyengar Yoga	Lizzi	5				
Thurs 16th	11:30-17:30	Change Your Belief - Part 2	Andrea	80.00 for 3 workshops				
Thurs 16th	16:30-17:30	Pilates	Jackie	4.50				
Thurs 16th	17:30-18:30	Meditation						
Thurs 16th	18:30-20:30	Astrology group discussion	Paul	£5				
Fri 17th	10:00-12:00	Change Your Belief - Part 3	Andrea	As above				
Sat 18th	10:00-11:00	Relaxation Class 1	Andrea	7				
Sat 18th	11:30-16:30	Introduction to Natural Healing	Christine Peake	45.00				
Tues 21st	10-11:30	Yoga	Pauline	7				
Tues 21st	18:45-20:00	Iyengar Yoga	Helen	5				
Wed 22nd	10:00-11:00	Relaxation Class 9	Andrea	7				
Wed 22nd	18:45-20:00	Iyengar Yoga	Lizzi	5				
Wed 22nd	19:00-21:00	Your Creative Journey 2	Sara Scott	8				
Thurs 23rd	10-11:30	Detox Yoga	Pauline	7				
Thurs 23rd	16:30-17:30	Pilates	Jackie	4.50				
Thurs 23rd	17:30-18:30	Meditation						
Fri 24th	10:30-15:00	Introduction to Flower Essences	Phillipa Lee	45				
Sat 25th	10:00-11:00	Relaxation Class 2	Andrea	7				
Tues 28th	10-11:30	Yoga	Pauline	7				
Tues 28th	18:45-20:00	Iyengar Yoga	Helen	5				
Wed 29th	10:00-11:00	Relaxation Class 10	Andrea	7				
Wed 29th	18:45-20:00	Iyengar Yoga	Lizzi	5				
Wed 29th	19:00-21:00	Your Creative Journey 3	Sara Scott	8				
Thurs 30th	10-11:30	Detox Yoga	Pauline	7				
Thurs 30th	16:30-17:30	Pilates	Jackie	4.50				
Thurs 30th	17:30-18:30	Meditation						