



# A class for every body

MONDAY	VINYASA FLOW YOGA All Levels <b>Robyn</b> 7.15 - 8am	PILATES All levels <b>Monika</b> 8.00 - 8.45am	VINYASA FLOW YOGA All Levels <b>Hermione</b> 12.00 - 12.45pm	YOGA Levels 1-2 <b>Androula</b> 12.30 - 1.15pm	PILATES All levels <b>Andrea</b> 12.30 - 1.15pm	YIN YOGA All levels <b>Patricia</b> 1.15 - 2pm	PILATES <b>4 BACKS</b> All levels <b>Andrea</b> 1.30 - 2.15pm		PILATES All levels <b>Anna</b> 5.30 - 6.15pm	YOGA FOR BETTER POSTURE All Levels <b>Sybille</b> 5.45 - 6.30pm	ASHTANGA YOGA All Levels <b>Luiz</b> 6.15 - 7.30pm	PREGNANCY YOGA All Levels <b>Sybille</b> 6.30 - 7.15pm	PILATES Level 1-2 <b>Anna</b> 7.30-8.30pm		
TUESDAY	ASHTANGA YOGA MYSORE Self practice  with <b>Peter</b> Drop in anytime between 6 - 9am Everyday Mon - Fri	VINYASA FLOW YOGA All Levels <b>Alina</b> 7.15 - 8am	VINYASA FLOW YOGA All Levels <b>Alina</b> 8.00 - 8.45am	YOGA All Levels <b>Annabelle</b> 12.00 - 12.45pm	PILATES All Levels <b>Ana C</b> 12.30 - 1.15pm	VINYASA FLOW YOGA All Levels <b>Erin</b> 12.45 - 1.30pm	PREGNANCY PILATES All Levels <b>Ana C</b> 1.15 - 2pm	ASHTANGA YOGA All Levels <b>Luiz</b> 1.30 - 2.15pm		VINYASA-FLOW YOGA All Levels <b>Anja</b> 5.30 - 6.30pm	PILATES BEGINNER COURSE 5.45 - 6.45pm SEE NEXT PAGE >	NEW PREGNANCY YOGA All Levels <b>Anja</b> 6.30 - 7.15pm	PILATES All levels <b>Paulina</b> 6.45 - 7.30pm	KUNDALINI YOGA & GONG All Levels <b>Angad</b> 7.15 - 8.30pm	VINYASA FLOW YOGA All Levels <b>Austeja</b> 7.30 - 8.30pm
WEDNESDAY		VINYASA FLOW YOGA All Levels <b>Youla</b> 7.15 - 8am	PILATES All levels <b>Irek</b> 8.00 - 8.45am	VINYASA FLOW YOGA All Levels <b>Hermione</b> 12.00 - 12.45pm	YOGA Levels 1-2 <b>Alina</b> 12.30 - 1.15pm	PILATES All levels <b>Irek</b> 12.45 - 1.30pm	YOGA FOR BETTER POSTURE All levels <b>Sybille</b> 1.15 - 2pm	DYNAMIC PILATES All Levels <b>Irek</b> 1.30 - 2.15pm	PREGNANCY YOGA All Levels <b>Anja</b> 2.30 - 3.30pm	VINYASA FLOW YOGA All Levels <b>Austeja</b> 5.00 - 5.45pm	PILATES All Levels <b>Michael</b> 5.30 - 6.15pm	ASHTANGA YOGA All Levels <b>Luiz</b> 5.45 - 7.00pm	SLOW FLOW YOGA All Levels <b>Ranjit</b> 6.15 - 7.15pm	PILATES BEGINNER COURSE 7.00 - 8.00pm SEE NEXT PAGE >	YOGA BEGINNER COURSE 7.15 - 8.15pm SEE NEXT PAGE >
THURSDAY		PILATES All levels <b>Irek</b> 7.00 - 7.45am	VINYASA FLOW YOGA All Levels <b>Raghibir</b> 7.45 - 8.30am	VINYASA FLOW YOGA All Levels <b>Anastasis</b> 12.00 - 12.45pm	PILATES All levels <b>Ana C</b> 12.30 - 1.15pm	ROCKET YOGA All Levels <b>TBC</b> 12.45 - 1.30pm	PILATES <b>4 BACKS</b> All Levels <b>Ana C</b> 1.15 - 2pm	PREGNANCY YOGA All Levels <b>Anja</b> 1.30 - 2.15pm		PILATES All Levels <b>Maide</b> 5.30 - 6.15pm	VINYASA FLOW YOGA All Levels <b>Frankie</b> 5.45 - 6.45pm	SLOW FLOW YOGA All Levels <b>Ranjit</b> 6.15 - 7.15pm	YOGA BEGINNER COURSE 6.45 - 7.45pm SEE NEXT PAGE >	KUNDALINI YOGA & GONG All Levels <b>Laura</b> 7.15 - 8.30pm	
FRIDAY		VINYASA FLOW YOGA All Levels <b>Youla</b> 7.00 - 7.45am	PILATES All levels <b>Irek</b> 7.45 - 8.30am	YIN YOGA All levels <b>Patricia</b> 12.00 - 12.45pm	VINYASA FLOW YOGA All Levels <b>Sophie</b> 12.30 - 1.15pm	PREGNANCY PILATES All Levels <b>Maide</b> 12.45 - 1.30pm	VINYASA FLOW YOGA All Levels <b>Youla</b> 1.15 - 12.00pm	PILATES All Levels <b>Maide</b> 1.30 - 2.15pm		YIN YOGA All Levels <b>Patricia</b> 5.15 - 6.15pm	LOVING LIFE MEDITATION All Levels <b>Jana</b> 5.30 - 6.30pm	 <h2>KUNDALINI IS HERE!</h2> <p>Every Tuesday and Thursday at 7.15pm</p>			

## YOGA STYLES

**Vinyasa Flow Yoga.** The exact synchronization of breath and movement. Stretching muscle, opening the joints and concluding in deep relaxation.

**Yoga for Better Posture.** Exercises with yoga that will reopen your posture. Essential for anyone who works in an office.

**Ashtanga Mysore Self Practice Yoga.** One-to-one practice in a group setting following a set sequence, ideal for all levels.

**Restorative / Therapeutic** Props are used to support the body so that you can hold poses for longer, allowing you to open your body through passive stretching.

**Pregnancy Yoga.** A great way to prepare you for labour and the birth of your baby. Learn postures that won't strain your body, and you'll meet other mums-to-be, too.

**Kundalini Yoga** focuses on breath and movement and challenges the students both physically and mentally.

## PILATES VARIATIONS

**Pilates** Increases strength and mobility leading to ease of movement. Improves circulation, boosting overall health and well being.

**Dynamic Pilates** tones and strengthens core areas using the stability roller and theraband. A fun class for experienced Pilates clients without back pain and injury.

**Pilates 4 Backs** Designed to strengthen the back by mobilising the spine and practicing and maintaining correct alignment.

**Pregnancy Pilates** Designed around the changing limitations/requirements of a developing pregnancy to provide a safe and effective workout for women in their 2nd and 3rd trimester.

## PILATES EQUIPMENT STUDIO

Private Pilates Equipment training and Reformer classes available, 1:1 sessions £75, 2:1 sessions at £50 per person and group reformer classes at £25. See [www.lightcentreonment.co.uk/pilates](http://www.lightcentreonment.co.uk/pilates) for teachers, timetable and more details.