



The Studio Programme

Monday		
09.15 - 10.15	Pilates	Tanya
18.00 - 19.00	Yoga	Carrie
19.15 - 20.30	Shiatzu Movement	Jo
Tuesday		
09.15 - 10.15	Yoga Shred	Purya
10.30 - 11.45	Yoga	Priya
Wednesday		
10.00 - 11.00	Yoga	Carrie
17.00 - 18.00	Yin Yoga	Priya
18.15 - 19.30	Hatha Yoga	Priya
19.40 - 20.40	Yoga	Purya
Thursday		
09.15 - 10.15	Pilates	Candice
19.00 - 20.15	Yin & Hatha Yoga Mix	Sarah
Friday		
09.15 - 10.45	Yoga	Purya
17.30 - 18.30*	Yoga	Priya
Saturday **		
	Yoga for the Special Child	Kim

* Monthly / ** Commencing in March 2020

To book onto a class, please contact the Instructor:

Contact Information	
Tanya	07970 389 036
Carrie	07966 292 767
Jo	07796 134 854
Purya	07399 424 499
Priya	07916 569 823
Kim	kimkinsella@gmail.com

These classes are run by the individual instructors and not by Kagyu Samye Dzung Scarborough / ROKPA Trust. Please raise any concerns or enquiries directly with the Instructors.