

RealMeYoga Autumn 2019 Class locator & timetable

Booking & info: email - joanna@RealMeYoga.co.uk, call - 07970 166675.
www.RealMeYoga.co.uk, faceBook, PennyPost.co.uk or NextDoor.com

Day/Class	Venue	Week, Time & Price	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Monday	St John's Church, Bartholomew Street, Newbury	7:00 - 8:15 pm	02,Sep	09,Sep	16,Sep	23,Sep	30,Sep	07,Oct	14,Oct	21,Oct	28,Oct	04,Nov	11,Nov	18,Nov	25,Nov	02,Dec	09,Dec	16,Dec
Hatha Yoga with flow sequences	RG14 7PY	£140/Term*								No class	No class							
Tuesday	Highclere, Village Hall	5:30 - 7.00 pm	03,Sep	10,Sep	17,Sep	24,Sep	01,Oct	08,Oct	15,Oct	22,Oct	29,Oct	05,Nov	12,Nov	19,Nov	26,Nov	03,Dec	10,Dec	
Gentle Hatha Yoga	RG20 9QS	£140/Term								No class								
Tuesday	Goose Hill Farm, Headley	10 - 11.15 am	03,Sep	10,Sep	17,Sep	24,Sep	01,Oct	08,Oct	15,Oct	22,Oct	29,Oct	05,Nov	12,Nov	19,Nov	26,Nov	03,Dec	10,Dec	
Gentle & therapeutic Hatha Yoga	RG19 1AT	Trial course £70, 1/2 term								No class								
Wednesday	Ashmansworth Hall	09:00 -10:15 am	04,Sep	11,Sep	18,Sep	25,Sep	02,Oct	09,Oct	16,Oct	23,Oct	30,Oct	06,Nov	13,Nov	19,Nov	27,Nov	04,Dec	11,Dec	
Gentle Hatha Yoga	RG20 9SJ	£140/Term								No class								
Wednesday	Highclere, Village hall	4:15 - 5:15 pm	04,Sep	11,Sep	18,Sep	25,Sep	02,Oct	09,Oct	16,Oct	23,Oct	30,Oct	06,Nov	13,Nov	19,Nov	27,Nov	04,Dec	11,Dec	
Therapeutic yoga 'with a chair'	RG20 9QS	£140/term pass								No class								
Wednesday	Highclere, Village Hall	6:00 - 7:30 pm	04,Sep	11,Sep	18,Sep	25,Sep	02,Oct	09,Oct	16,Oct	23,Oct	30,Oct	06,Nov	13,Nov	19,Nov	27,Nov	04,Dec	11,Dec	
Hatha Yoga with flow sequences	RG20 9QS	£140/Term								No class								
Friday	Kingsclere Club	9:30 - 11:00 am	06,Sep	13,Sep	20,Sep	27,Sep	04,Oct	11,Oct	18,Oct	25,Oct	01,Nov	08,Nov	15,Nov	22,Nov	29,Nov	06,Dec	13,Dec	
Gentle Hatha Yoga with flow sequences	RG20 5NH	£140/Term								No class								
Deep Yoga Relax, restorative & therapeutic micro retreat + refreshments	Refreshments served at these events. Pls advise food intolerances well in advance.	Pls arrive by 5:20. Doors close at 5.30 pm. £20p/p. £20ea/£75 for x4 when pre booked.	Sunday 8 Sept				Sunday 6 Oct				Sunday 3 Nov				Sunday 1 Dec			
			Deep Yoga Relax 5.30-7.30 pm															
Meditation training: run as 4 sessions/weekend course. Inc home practice recordings.	Kingsclere village club, RG20 5NH. PARKING : Kingsclere Bowling club, Ashfordhill Rd, RG20 5NY.	9.20-11.30 am. Doors close at 9.30 am. £35 ea/£100 course	Session 1				Session 2				Session 3				Session 4			
			08,Sep				06,Oct				03,Nov				01,Dec			

End of Term

T's & C's Missed session: please make up at any location within the term only. Make-ups against regular sessions only. Visiting Students are welcome at £12/Session. Payment please prior to start Cash, cheque or transfers. Places are limited & available on a first come first served basis. Please advise absences where possible. Bank transfer info: 30-92-55, 24957660 JM Edge, pls put your name and class day prefix in the reference. 🙏