

Real Me Yoga Class Information – Jan / Feb / March 2019

T&C's and Payments – Bank transfer, cash or cheque in advance. Sorry no credits; term-time swaps by arrangement.

Bank Account: 24957660 Sort code: 30-92-55 www.realmeyoga.co.uk

Day / Class	Time	Venue	Parking
<p style="text-align: center;"><u>Monday</u> Hatha with flow sequences, Includes pranayama & relaxation</p>	7.30 – 8.45pm	<p style="text-align: center;">Newbury St John's Parish Hall, 1 St John's Rd, Newbury RG14 7PY</p>	On street or Church car park
Day / Class	Time	Venue	Parking
<p style="text-align: center;"><u>Tuesday</u> Gentle Hatha Yoga</p>	5 – 6.30pm	<p style="text-align: center;">Highclere The Armoury Highclere Village Hall Andover Road Highclere, RG20 9QS</p>	Behind the hall
<p style="text-align: center;"><u>Tuesday</u> Stretch, Relax & Restore</p>	7.30 – 8.45pm	<p style="text-align: center;">Kingsclere Albert Hall Studios RG20 5PR</p>	Street parking or in Council car park opposite
Day / Class	Time	Venue	Parking
<p style="text-align: center;"><u>Wednesday</u> Gentle Hatha Yoga</p>	9 – 10.15am	<p style="text-align: center;">Ashmansworth Hall By War Memorial RG20 9SJ</p>	Village hall car park
<p style="text-align: center;"><u>Wednesday</u> Tender Loving Care</p>	4.30 – 5.30pm	<p style="text-align: center;">Highclere The Armoury Highclere Village Hall Andover Road Highclere, RG20 9QS</p>	Behind the hall
<p style="text-align: center;"><u>Wednesday</u> Hatha Yoga with flow sequences, pranayama & relaxation</p>	6 – 7.30pm	<p style="text-align: center;">Highclere The Armoury Highclere Village Hall Andover Road Highclere, RG20 9QS</p>	Behind the hall
Day / Class	Time	Venue	Parking
<p style="text-align: center;"><u>Friday</u> Hatha Yoga with flow sequences, pranayama & relaxation</p>	9.30 – 11.00am	<p style="text-align: center;">Kingsclere Village Club George Street Kingsclere, RG20 5NH</p>	Kingsclere Bowling Club, Ashford Hill Road RG20 5NY

Workshops	Time	Venue	Parking
<p style="text-align: center;"><u>Sunday</u> Deep Relaxation Workshops</p>	13 Jan, 10 Feb, 10 March, 07 April 5.30 – 7.30pm	<p style="text-align: center;">Kingsclere Village Club George Street Kingsclere, RG20 5NH</p>	Kingsclere Bowling Club, Ashford Hill Road RG20 5NY
<p style="text-align: center;"><u>Saturday</u> Topic specific</p>	09 Feb, 16 March	<p style="text-align: center;">Highclere The Armoury Highclere Village Hall Andover Road Highclere, RG20 9QS</p>	Behind the hall