

Weekly Yoga Wellness Schedule - RealMeYoga - Autumn 2020

Locations/Access codes & Links available upon booking. InPerson & Zoom. Please arrive 10-15 mins before start & bring own props

Sessions will be LIVE on Zoom to facilitate make-ups. Attendance In-Person must be pre paid. Min & Max numbers apply. Sit & Still FREE donations appreciated

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Autumn 2020 Season PRICES	Private Groups & 121's
Morning	From 7.30 am and on replay	Sit & Still, 10 min meditation	Stretch to Shape	Sit & Still, 10 min meditation		Sit & Still, 10 min meditation	Sit & Still, 10 min meditation		<p>Sit & Still - pop up up FREE 5x/wk-donations appreciated. Weekly Classes £160, InPerson & Zoom. Pre book, Pay in advance. NB Bank Hol adjustment £150</p> <p>Stretch to Shape - Autumn Season - £128</p> <p><small>Please note you do not need to have a PayPal account to donate for Sit and Still</small></p> <p>Thank you. </p>	<p>To ensure robust track & trace etc ... All classes must be pre booked and pre paid. Min & Max numbers apply. Thank you</p> <p style="background-color: #e0ffff; text-align: center;">In Person classes</p> <p>Bookable 'pink' slots available for - 121's, family sessions & wellness clinics. Create props: go to the RealMe Youtube channel. Buy props & natural cleansing products: a selection of props & Neal's Yard products available via my website/ shopping link.</p>
	9.15 - 10.30	Stress Less, Monday Momentum	Gentle yoga for flexibility + a chair	Private group session: Stress Less Yoga						
Afternoon	4 - 5.15	Private 121 Seated therapeutic Yoga		Seated Yoga		Teachers' Meet Up - monthly		<p>Deep Yoga Relax Micro Retreats 5.30-7 pm. InPerson 13 Sept, 11 Oct, 15 Nov, 6 Dec. Concentrated mind & body de stress, breath strengthening & metabolic rebalance. £20/person. £75 for four. Includes a retiring tea ceremony</p>		
	5.15 - 6.30		StressLess gentle yoga	HALL CLEANSING						
	6 - 7.15			Gentle yoga flow - Wednesday Wellbeing						
Evening	7-8 pm									

www.RealMeYoga.co.uk
<http://uk.nyrorganic.com/shop/joannathompsoned>