

Move More : Stress Less - Weekly Schedule + RealMeYoga - Spring 2021 (10 weeks)

Term Starts 11 April 2021. Access codes & Links available upon booking. Please set up 10 mins before start & have props ready.

. In person classes resume from 17 May subject to current restrictions. Join LIVE on Zoom / as a remote recordings participant. Swaps available. Payment go to ww.RealMeYoga.co.uk

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Soulful Sunday & Fridays	Details	T's & C's etc
Morning	Natural Breath Meditation Introduction	SitandStill Sessions are LIVE and on replay in the RMY private FaceBook Group. Times vary. FREE, optional periodic donations welcome. www.facebook.com/groups/realmeyoga/ . Payment go to ww.RealMeYoga.co.uk								Kindly book and pay for your course in advance. Swaps available within the term/ recording, no refunds. *Min & Max numbers apply. PLEASE ENSURE YOU COMPLETE A HEALTH FORM
	9 - 10.15	Gentle Yoga momentum Zoom/ Ecchinswell	Gentle Yoga momentum + Chair Starts Summer 2021			* 9.15 am Gentle Yoga momentum Zoom/ Kingsclere		Night Cap - Relax & Restore for enhanced sleep. 8-8.45 pm Donations/free for enrolled students. £70 for x10 sessions. Zoom	10 weeks of Movement Classes £100. Deep Yoga Relax Micro Retreat £20 ea or £55 for x3	
		Private Zoom 121		Seated Yoga For Cancer Survivors						Keep In touch - join the mailing list & Class What's App Group. Health forms are available on the website. www.RealMeYoga.co.uk
Afternoon	4 - 5.15	Stretch & Reset - Macular Society		Flex & Breathe, Seated Yoga Zoom/ Highclere		Termly Teachers' Collective Zoom/ Pangbourne Charity donation			*Deep Yoga Relax Micro - Restorative yoga 2nd Sunday pcm 5.30-7 pm. 11 April, 9 May & 13 June. Zoom/InPerson	
	5.15 - 6.30		Gentle Yoga momentum Zoom/ Highclere						Paying & donating by PayPal - no account necessary. Please use the Friends & Family option	
Evening	6 - 7.15			Release & Revive Gentle Yoga Flow Zoom/ Highclere						To find out out more, book a 121 movement assessment https://calendly.com/tell-me-more-joanna/tell-me-more
	8 - 8.45					* Relax & Restore NightCap Zoom				
Move More Offerings				Stress Less Offerings				Bookable slots & Just Teachers		