

RMY winter 2020

Class locator & timetable

Booking & info: email - joanna@RealMeYoga.co.uk or call - 07970 166675.

www.RealMeYoga.co.uk FaceBook: RealMeYoga

Day/Class type	Venue	Week, Time & Price	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	1
<b>Monday</b>	Parish room, St John's Church, Newbury	7 -8.15 pm	06,Jan	13,Jan	20,Jan	27,Jan	03,Feb	10,Feb	17,Feb	24,Feb	02,Mar	09,Mar	16,Mar	23,Mar	30,Mar	06,Apr	13,Apr	20,Apr
Hatha Yoga	RG14 7PY	£110/Term						No class		No class						No class	No class	New term
<b>Tuesday</b>	Headley Village Hall, A339, Headley.	9.30 - 10.45 am	07,Jan	14,Jan	21,Jan	28,Jan	04,Feb	11,Feb	18,Feb	25,Feb	03,Mar	10,Mar	17,Mar	24,Mar	31,Mar	07,Apr	14,Apr	
Kind & gentle Hatha Yoga, am & pm classes	RG19 8LB	£110/Term			No class			No class										
	Highclere Village Hall	5:30 - 7.00 pm	07,Jan	14,Jan	21,Jan	28,Jan	04,Feb	11,Feb	18,Feb	25,Feb	03,Mar	10,Mar	17,Mar	24,Mar	31,Mar	07,Apr	14,Apr	
	Andover Rd. RG20 9QS	£120/Term						No class										
<b>Wednesday</b>	Highclere Village hall, A343	4:15 - 5:25 pm	08,Jan	15,Jan	22,Jan	29,Jan	05,Feb	12,Feb	19,Feb	26,Feb	04,Mar	11,Mar	18,Mar	25,Mar	01,Apr	08,Apr	15,Apr	
'Therapeutic yoga + a chair'		Class pass £96/term							No class									
Gentle Hatha Yoga + flow sequences	Andover Rd. RG20 9QS	6:00 - 7:30 pm	08,Jan	15,Jan	22,Jan	29,Jan	05,Feb	15,Feb		26,Feb	04,Mar	11,Mar	18,Mar	25,Mar	01,Apr			
		£120/Term																
<b>Friday</b>	Kingsclere Club, RG20 5NH	<b>PARKING: RG20 5NY</b>	10,Jan	17,Jan	24,Jan	31,Jan	07,Feb	14,Feb	21,Feb	28,Feb	06,Mar	13,Mar	20,Mar	27,Mar	03,Apr	10,Apr	17,Apr	
Hatha Yoga & breathing	Main Hall £48/half term	7.30-8.15 am	TBC - enrolling						No class									
Gentle Hatha Yoga	Main Hall, Visitors subject to space: £12	9.30-11 am £120/Term																
V Gentle contemplative yoga & Mindfulness	Upstairs hall: "Holding Room", The Club	11.30 am - 12.30 pm, £60/half term. £36/enrolled students.	TBC - enrolling															
<b>Deep Yoga Relax, restorative micro retreat + refreshments</b>	Advance booking & payment only. To apply for a place: email, Joanna@RealMeYoga.co.uk. Price/venue.	<b>Nb PARKING for The Village Club @ Bowling Club RG20 5NY</b>		Sunday 12 Jan, Kingsclere RG20 5NH				Sunday 2 Feb, Kingsclere, RG20 5NH			Sunday 1 March, Kingsclere, RG20 5NH			Sunday 29 March, Kingsclere, RG20 5NH	Provisional DYR Summer dates :			
Please advise food intolerances in advance.		<b>Places are limited &amp; subject to confirmation.</b>	Deep Yoga Relax 5.20-7.30 pm. 'Respiration & Relaxation'.										19 & 26 April, May 10 & 17, 7 & 14 June, 5 & 12 July 2020					
											Sun 15 March, Woolton Hill Village Hall.RG20 9UJ.		Sun 26 Apr, Westridge Studio, Highclere. Tbc					

Beginning of summer term

**T's & C's** Missed sessions: 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 of term. Places are limited & available on a first come first served basis. Please advise absences where possible. Payment prior to 1st class is appreciated. Account: JM Edge, 30-92-55, 24957660 Cash, Cheque or Transfer