

## Move More : Worry Less Wellness Schedule + RealMeYoga - Winter 2021 (10 weeks)

**Access codes & Links available upon booking. Please set up 10 mins before start & have props available**

Sessions will be LIVE on Zoom +catch up recordings. SitandStill go to [www.facebook.com/groups/realmeyoga/](http://www.facebook.com/groups/realmeyoga/). Payment go to [ww.RealMeYoga.co.uk](http://ww.RealMeYoga.co.uk)

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Soulful Sunday & Fridays	Details	T's & C's etc	
		Sessions are LIVE and on replay in the RMY private FaceBook Group. Times vary. FREE, optional periodic donations welcome. <a href="http://www.facebook.com/groups/realmeyoga/">www.facebook.com/groups/realmeyoga/</a> . Payment go to <a href="http://ww.RealMeYoga.co.uk">ww.RealMeYoga.co.uk</a>								<p>Kindly book and pay for your course in advance. Swaps available within the term only for missed classes, no refunds. *Min &amp; Max numbers apply. PLEASE ENSURE YOU COMPLETE A HEALTH FORM</p> <p>Keep In touch - join the mailing list &amp; Class What's App Group. Health forms are available on the website.</p> <p><a href="http://www.RealMeYoga.co.uk">www.RealMeYoga.co.uk</a></p> <p><a href="http://uk.nyrorganic.com/shop/joannathompsoned">http://uk.nyrorganic.com/shop/joannathompsoned</a></p>	
Morning	Natural Breath Meditation Introduction										
	9 - 10.15	Gentle momentum				Simple Yoga Stretch. IN PERSON ONLY		*Friday Night , Night Cap for enhanced sleep. 8-8.35 pm Special Top Up price for enrolled students £50. Regular price £70/10 sessions	10 weeks of Movement Classes £100. Deep Yoga Relax Micro Retreat £20 ea or £55 for x3		
		Private 121		Yoga For Cancer Survivors							
Afternoon	4 - 5.15			Flex & Breathe, Chair Yoga		Monthly Teachers' Collective. Charity donation					
	5.15 - 6.30		Gentle momentum					*Deep Yoga Relax Micro - Simply Restored mind & body. 3rd Sunday pcm 5.30-7 pm. 17 Jan, 21 Feb & 21 Mar.	PAYMENT @ <a href="http://www.RealMeYoga.co.uk">www.RealMeYoga.co.uk</a>		
Evening	6 - 7.15			Releasing & Reviving Yoga Flow				Paying & donating by PayPal - no account necessary. Please use the Friends & Family option			
	8 - 8.40					* Relax & Restore NightCap		Thank you.			
Move More Offerings				Worry Less Offerings				Bookable slots & Just Teachers			