**TIMETABLE FOR SIDCUP AMOR YOGA STUDIO**

To book a class or therapy please email/ call teachers and practitioners directly.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | TIME | CLASS | LEVEL | TEACHER |
| MONDAY |  |  |  |  |
|  | 19:00 – 20:30 | Hatha | Mixed | Tracy 07740675599  tracy@yanayoga.co.uk |
| TUESDAY |  |  |  |  |
|  | 10:00 – 11:30 | Kundalini |  | Prakshjot Kaur  prakashjot@yahoo.co.uk |
|  | 19:30- 21:00 | Hatha | Beginners | Tracy 07740675599  tracy@yanayoga.co.uk |
| WEDNESDAY |  |  |  |  |
|  | 10:45 – 12:15 | Йога Мама и Я | 0- 18 months old  Russian speakers | Olya 07799462284  olya@amoryoga.com |
|  | 18:30 – 19:45 | Iyengar | Beginners | Maggie 07974182565  yoga.maggie@yahoo.co.uk |
|  | 20:00 – 22:00 | Iyengar | Advanced | Maggie 07974182565  yoga.maggie@yahoo.co.uk |
| THURSDAY |  |  |  |  |
|  | 10:30 – 12:00 | Mum and Baby Yoga/ Postnatal | From 6 weeks to crawlers | Olya 07799462284  info@amoryoga.com |
|  | 13:00 – 14:00 | Yoga for everybody | Mixed | Pavlina 07942583315  pavayur@gmail.com |
|  | 17:15-18:15 | Teens Yoga & Mindfulness | 10 to 19 years | Laura/ Pavlina  flaurayoga@gmail.com |
|  | 18:30 – 20:00 | Tai Chi | Mixed | Dave 07769977463  daveboice@hotmail.com |
|  | 20:15 – 21:45 | Yin/Yang Vinyasa | Mixed | Lola 07880585041  yinflow1976@gmail.com |
| FRIDAY |  |  |  |  |
|  | 19:00 – 21:00 | Various Workshops |  | Pavlina 07942583315  pavayur@gmail.com |
| SATURDAY |  |  |  |  |
|  | 9:30 – 11:00 | Pregnancy Yoga | From 14 weeks | Olya olya@amoryoga.com |
|  | 11:15– 12:45 | Prenatal Yoga | From 14 weeks  pregnant | Olya 07799462284  info@amoryoga.com |
| SUNDAY |  |  |  |  |
|  | 9:30 - 11:00 | Iyengar | Beginners | Louise 07825528898  louisepercy@hotmail.com |
| **THERAPIES** |  | Massage |  |  |
|  |  |  | Pregnancy, Reiki, Reflexology,  Holistic Massage  Ayurvedic  Massage | Karen 07940462603  [karenlouise\_bell@yahoo.co.uk](mailto:karenlouise_bell@yahoo.co.uk)  Pavlina 07942583315  pavayur@gmail.com |

For general enquiries or space hire please email to [info@amoryoga.com](mailto:info@amoryoga.com) or visit www.amoryoga.com

