



Welcome back to the studio!
Please check our timetable for
regular classes and delightful
additions.

Saturday Classes



HIIT Yoga

An hour of power! A marriage of high intensity interval training and yoga to get you glowing and flowing through the weekend

Hatha and Yin Yoga

Sat (means true in Sanskrit) U R day =
Be true to Yourself day!

2 hours of delicious yoga to move your body, soothe your mind and emotions and journey within to find bliss.

Pay as You Feel Charity Class Friday 11th September 6.30 -7.30pm

Join Katya and friends for a gentle Yoga Flow with live African/world melodies to nourish the mind, body and soul, 50% of profits to the amazing Om Yoga Works Foundation.





Yoga OM the Ball
Sunday 20 September 1.30-3.30pm

Lisa takes you on a journey of 'finding your core' as we find alternative ways of approaching our yoga practice. Using a stability ball we can go deeper into poses, find our physical and mental balance whilst still having a focus on the breath. Discover your inner child as we have some fun. Spaces are limited and booking is essential!

**Embracing your Wild Wisdom Through Yoga and
Creative Writing**
Sunday 04 October 10.00am - 4.00pm



Gorgeous women come and join Siobhan and Bridget for a day to celebrate and connect with Autumn Equinox and the wild wisdom of your own season with yoga and creative writing. Spaces are limited, please don't delay booking.

Dates for your Diary

September:

- 11 Friday** - PAYF Class - Gentle Yoga Flow with live African/world melodies with Katya
- 13 Sunday** - Autumn Equinox Yoga Workshop with Anji
- 20 Sunday** - Yoga Om the Ball workshop with Lisa

October:

- 04 Sunday** - Embracing your Wild Wisdom Workshop with Bridget and Siobhan
- 09 Friday** - PAYF Class - Wind down to the Weekend Restorative Yoga with Becky
- 31 Saturday** - Samhain Yoga Workshop with Anji

November:

- 01 Sunday** - Gong Relaxation Sound Bath with Craig
- 08 Sunday** - Swami Krishnapremananda Yoga Workshop
- 13 Friday** - PAYF Class - Collaborative Sound: Sing and Improvise with Lily

Lokah Samasta Sukhino Bhavantu - May all beings be happy and free.

Contact us



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Om Yoga Works

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