



Get Your  
Summer  
Om

We are so excited to be offering more  
omtastic classes...

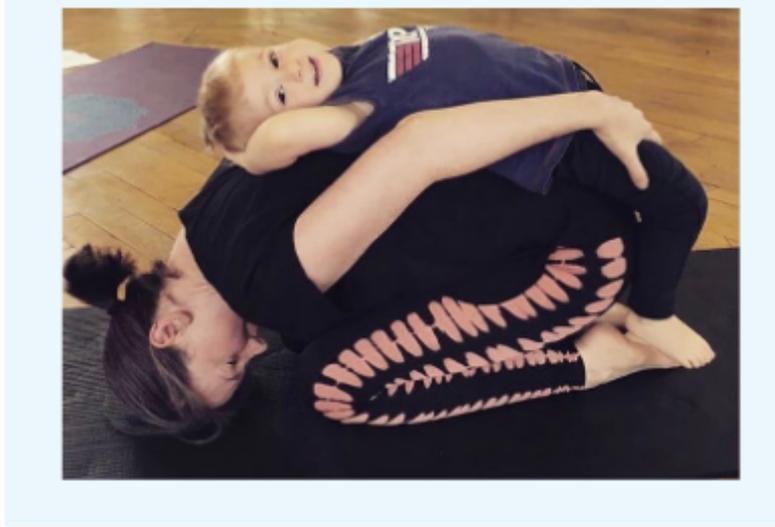
## We have new teachers joining our Om Family



**Mel Hibbert** will be offering a new Hatha Yoga class on  
Thursdays 5.30-7.00pm starting on 03 June.

And returning to us is **Kerry Cawthray** to take over the  
Saturday Hatha Classes from June.

## Family Yoga Session



### **Tuesday 01 June - with Helen**

Family yoga is a wonderful opportunity to come together in a unique atmosphere of fun and relaxation. Learning postures, acro-yoga, meditation and relaxation, it is a fantastic bonding experience and gives the whole family the skills to bring yoga into their lives.

### **Face Yoga Course - Omline**



**Starts Wednesday 02 June for 6 weeks with  
Andrea**

Slip your PJs on, maybe have a cup of chamomile tea to hand or glass of something chilled, pop on Zoom and be prepared to experience some bliss by simply following Andrea's gorgeous guidance as she directs us through facial massage and exercise techniques which will reduce the stress and tension which we hold in our skin.

## Baby Yoga Classes



### Starts Friday 11 June with Helen

Baby Yoga is specially designed to nurture and nourish the natural development of your baby with the use of standard yoga moves adapted specifically for babies.

## Dates for your Diary

### June:

- 01 Tuesday** - Family Yoga with Helen
- 02 Wednesday** - Face Yoga Course Online with Andrea
- 03 Thursday** - \*NEW\* Hatha Yoga Class with Mel
- 05 Saturday** - 108 Surya Namaskar Challenge
- 11 Friday** - \*NEW\* Baby Yoga Class with Helen
- 27 Sunday** - Gong Relaxation Sound Bath with Craig

### July:

- 09 Friday** - Om Kirtan
- 25 Sunday** - Gong Relaxation Sound Bath with Craig