



What or who will inspire you to come to class this year?



Claire of Yeadon Yoga will be teaching two Hatha Yoga Classes on a Wednesday night.



Experienced teacher Ellie of Lemon Zest Life will be offering a Thursday morning Hatha class



Anna from Anna Flows Yoga will be bringing to you a brand new Thursday early afternoon flow class.



Mel the founder of Soma Yoga Leeds and Om's free community class teacher will be teaching the later Thursday night class.



Om's established teacher Andrea of Ananada Lifestyle is bringing a brand new Thursday evening Vinyasa class for you too.

Dates for your Diary

January:

- 02 Sunday** - Keep Om Running - Sunday 5 Mile Run
- 09 Sunday** - Finding Freedom in Movement a journey to explore your body through SRT with Ro or Sophie
- 09 Sunday** - Keep Om Walking - Malham Cove and Tarn
- 12 Wednesday** - Midweek Keep Om Running
- 23 Sunday** - Keep Om Running - Sunday 3 Mile Run
- 23 Sunday** - Gong Relaxation Sound Bath with Craig

February:

- 06 Sunday** - Keep Om Running - Sunday 5 Mile Run
- 06 Sunday** - Animal Flow Workshop with Kylie
- 09 Wednesday** - Midweek Keep Om Running
- 13 Sunday** - Finding Freedom in Movement a journey to explore your body through SRT with Ro or Sophie
- 20 Sunday** - Keep Om Running - Sunday 3 Mile Run
- 20 Sunday** - Keep Om Walking - Marsden Moor
- 27 Sunday** - Gong Relaxation Sound Bath with Craig

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

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