



Hello lovely Om community 😊

*As we step into a fresh new year,
we're excited to share that
our timetable is blossoming
with new teachers, new classes
and new opportunities to support
your wellbeing.*

*Whether you're returning to your mat
after a busy festive
season or ready to try something
different, January is the
perfect time to reconnect with*

*yourself, meet our wonderful
new teachers, and explore practices
that help you feel
grounded, strong and inspired.*

*We can't wait to welcome you in and
share another year of community,
warmth, growth and movement
together.*

New beginners class with Melissa

Thursdays, 6pm - 7.20pm



Perfect for those brand new to yoga or wanting to go back to basics. A welcoming, accessible space where every student, no matter their level, can explore movement with awareness and kindness.

Expect gentle guidance, mindful alignment, and a steady rhythm that helps you feel grounded and present both on and off the mat. Suitable for beginners, everybody welcome.

New daytime beginners class with Katy

Mondays, 1pm - 2.25pm



If you've been thinking about starting your yoga journey, trying Hatha yoga, returning to yoga after a break or you simply wish to refresh and rejuvenate your practice, then come along and join Katy on Monday afternoons.

You can work at your own pace and within your own range of movement. All equipment and props are provided.

Suitable for beginners, everybody welcome.

Hatha Yoga with Katya

Thursdays, 7.35pm - 9pm



Perfect for beginners and those who want to be soothed by their yoga. A beautiful blend of Asana (postures), Pranayama (breath awareness) & meditation. Benefits include; improved flexibility & strength, reduced stress & anxiety, enhanced body awareness/mindfulness, better posture &

balance, increased energy levels & preparation for meditation.

Suitable for mixed abilities, beginners, intermediate, advanced.

New monthly Soundbath and monthly Moon Medicine with Emma

Soundbath: Sundays, 4pm - 5pm

Moon Medicine: Sundays, 6.30pm - 8.30pm



Soundbaths: In this deeply relaxing experience, you'll be bathed in the healing vibrations of crystal and metal singing bowls, chimes, gong and other therapeutic instruments. A beautiful opportunity to release stress, restore your energy, and

reconnect with a deeper sense of peace. No movement is required — simply lie back, close your eyes, and let the sound wash over you.

A soundbath may not be suitable for you if: you are in the 1st trimester of pregnancy, have sound induced epilepsy, a pacemaker, large metal implants, severe mental health issues, under the influence of alcohol or drugs. Please contact Emma if you are unsure if a soundbath is suitable for you.

Moon Medicine: A blend of lunar wisdom, seasonal rhythm and soulful rest. A modern moon circle designed to help you pause, reflect and reconnect — with nature, the seasons, and your own inner rhythm.

Each gathering aligns with the moon's phase and the natural flow of the seasons, offering space to rest, release, and renew.

Together we'll share:

- Sacred smoke to clear and open the space
- A warm cup of ceremonial cacao to connect to the heart
- Seasonal and lunar guidance to align with the current energies
- Gentle ritual and reflection to honour the phase we are in
- A soothing meditation and soundbath to restore body and mind

All are welcome — come as you are.

New time for postnatal yoga
with Tessa

Friday, 2pm - 3pm



Join a welcoming, relaxed and down to earth postnatal yoga class and meet your mum tribe. This is **not** a mum and baby yoga class. This class is for **you** and your postpartum body – and your baby is welcome to come along for the ride!

What can you expect?

- Sequences to help rebuild your pelvic floor
- Reignite your core and work on any ab separation
- Movements to relieve aches and pains from cuddling, feeding and rocking
- Relaxation section to rest, relax and build a positive mindset
- An affirmation to focus on each class
- A way to connect with other local mamas

The class will be suitable from 6 weeks postpartum for a vaginal birth with no intervention (i.e. not assisted by forceps or ventouse) and with no vaginal stitches. For all other births including C-section, it will be suitable from 10 weeks postpartum. However, please use your own judgement and follow any advice from your health care professional.

Mixed abilities, women only

**New seasonal special sessions
with Bec**



Reconnect with your natural rhythm in our Quarterly Seasonal Yoga Circles — immersive 2 hour sessions designed to help you tune into the energy of each season.

Through a nourishing blend of somatic yoga, restorative practices, yoga nidra, and gentle sound healing, you'll be guided to slow down, listen inward, and realign body and mind with the shifting cycles of nature. These sessions are perfect for anyone seeking deeper grounding, renewal, and seasonal balance.

Find your flow with the seasons — and with yourself.

Weekly Yoga or Pilates class offer



Try any weekly Yoga or Pilates class for your first month for just £24.

Ongoing membership is £38 per calendar month, and you're free to cancel anytime with one month's notice.

Missed a class due to holidays, work or sickness? No problem – you're welcome to catch up with any other teacher.

Suitable for mixed abilities, beginners, intermediate, open to all, everybody welcome.

**Wishing all our students – past,
present, and yet to come –
a joyful, healthy, and peaceful journey
through 2026.**

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

Contact us



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