**YOGA AUTUMN 2019**

# The Green Room

# CHARLBURY MEMORIAL HALL

## With

**Nikki Jackson
*Yoga Teacher Trainer BWY
Health Consultant
30 years teaching experience***

##### HATHA YOGA

##### Thursdays, 9.15-10.45am

##### Best suited for those with previous yoga experience and good understanding of the principles and practises. Includes pranayama and meditation.


###### THERAPEUTIC YOGA

###### Thursdays, 11am – 12.15am

Healing, restorative and nurturing class for those with current health conditions or for those preferring a gentler yoga class. Suitable for beginners.

RESTORATIVE YOGA

**Mondays 11.30am –12.45pm
Chadlington Village Hall**

Gentle class, beginners welcome

**Also:**

**\* One to One Yoga Therapy**

**\* Saturday Yoga Workshops**

***Join Anytime!***

 VINYASA FLOW YOGA

**Mondays 7.45pm-9pm
Enstone Village Hall, Mixed ability, beginners welcome**

**For further details contact:**

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