



THE BREATHE IN SPACE

Studio Timetable

Yoga · Qi Gong · Circle

MONDAY

10:30 – 11:30am

Hatha Yoga

Aby

TUESDAY

10:30 – 11:30am

Hatha Yoga

Lisa

6:45 – 7:45pm

Hatha Yoga

Olivia

WEDNESDAY

11:45am – 12:45pm

Chair Yoga

Jo

6:45 – 7:30pm

Qi Gong (Tai Chi)

Jo

7:45 – 8:45pm

Reiki, Rest & Restore — Restorative Yoga with Nidra

Elizabeth

THURSDAY

6:30 – 7:30pm

Hatha Flow

Hannah

6:30 – 8:00pm

Low Level Hatha & Nidra

Elizabeth

FRIDAY

10:30 – 11:15am

Qi Gong (Tai Chi)

Jo

6:30 – 7:30pm

The Big Yin

Lisa

6:30 – 8:00pm

The Friday Forecast Circle

Jo

SATURDAY

10:30 – 11:30am

Hatha Yoga

Jo

6:30pm onwards

Special Events — Shamanic Circle, Sound Baths, Nada Yoga (see booking page for info)