



## Timetable

Below is the latest timetable and venues. Classes can be booked in blocks of 3 weeks, 4 weeks, 6 weeks, 12 weeks or you can pay as you go. All classes must be booked in advance of arrival.

### Yoga and Relaxation Class

#### Venue

Aston Medical Centre, Worksop Road, Swallownest, Sheffield S26 4WD

#### Class Time

Monday 7.00pm - 8.15pm

#### Class Bookings for Monday 7.00pm - 8.15pm

14th May 2012 - 28th May 2012

11th June 2012 - 25th June 2012

2nd July 2012 - 30th July 2012

### Dru Meditation Class

#### Venue

Shirley House, 31 Psalter Lane, Sheffield S11 8YL

#### Class Time

Tuesday 7.00pm - 9.00pm

Yoga Workshops continued...



## Timetable

Below is the latest timetable and venues. Classes can be booked in blocks of 3 weeks, 4 weeks, 6 weeks, 12 weeks or you can pay as you go. All classes must be booked in advance of arrival.

## Yoga and Relaxation Class

### Venue

Clifford Church of England School, 108 Psalter Lane, Sheffield S11 8YU

### Class Time

Wednesday 7.00pm - 8.15pm

### Class Bookings for Wednesday 7.00pm - 8.15pm

9th May 2012 - 13th June 2012

20th June 2012 - 25th July 2012

1st August 2012 - 5th September 2012

12th September 2012 - 17th October 2012

## Special Alternatives

### One to One Yoga and Relaxation Prescriptive Sessions...

[Click for more information](#)

### Yoga Holidays Abroad...

[Click for more information](#)

### Yoga Days throughout the Year...

[Click for more information](#)