

## Yoga at the Lido 2004 Timetable. £7 per class (£5 conc.)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10-11.30am <b>Yoga</b> Nigel Room B	10-11.30am <b>Yoga</b> Nigel Room B	10-11.30am <b>Yoga</b> Nigel Room B	10-11.35am <b>Astanga Yoga</b> Dan Room B	10-11.45am <b>Open Astanga</b> <b>Yoga</b> Room B	10-11.30am <b>Sivananda Yoga</b> Charlotte Room B	9-10.30am <b>Sivananda Yoga</b> Charlotte Room B
12-1.15pm <b>Postnatal &amp; Baby Yoga</b> 5 months +		<b>Various</b> - Room B  12.00 - 1.15 Postnatal Recovery & Baby (5 mth+)  1.30 - 2.45 Postnatal Recovery & Baby Yoga (new born to 5 months)  3pm - 4.15 Pregnancy Yoga  4.30 - 5.15 Kids' Yoga	10-11.30am <b>Iyengar Yoga</b> Victoria Room A		10-11.30am <b>Open Astanga</b> Dan Room A	10-11.30am <b>Yoga</b> Antonia Room A
1.30-2.45 <b>Postnatal &amp; Baby Yoga</b> newborn			<b>1.00-3.00pm</b> <b>Teachers' session</b>		11-12.30pm <b>Yoga</b> Paul Room B	
4.00-5.30pm <b>Yoga</b> Paul Room B			2.00-3.30pm <b>Pregnancy Yoga</b> Room B		3.30-5pm <b>Yoga</b> Paul Room A	
			4.00-5.30pm <b>Shadow Yoga</b> Karen, Room B		5.45-7.45pm <b>Open Yoga</b> <b>Intermediate</b> Sue Room B	
6.30-8pm <b>Hatha Yoga</b> Clare Room B	6.00-7.15pm <b>Tai Chi</b> Andreas Room A	6.00-7.15pm 7.15-8.15pm <b>Tai Chi</b> Andreas Room A	6.30-8.00pm <b>Astanga Yoga</b> Nigel Room A	7pm-9pm		
7.30-9.30pm <b>Western Buddhist Meditation</b> Room A	7.15-8.15pm <b>Tai Chi</b> Andreas Room A		7.30-9.30pm <b>Western Buddhist Meditation</b> Room B	<b>Balinese Energy</b>		
8.15-9.45pm <b>Hatha Yoga</b> Clare Room B	8.15-9.45pm <b>Open Astanga</b> Nigel Room B	8.15-9.45pm <b>Yoga Beginners</b> Julia Room B	8.15-9.45pm <b>Yoga</b> Nigel Room A	<b>Practice</b> Steve Room B		
<b>For futher info. regarding specific classes and special events contact individual teacher.</b>						
<b>Teachers' contact numbers:</b> Karen: 020 7642 0212 Charlotte: 020 7622 7222 Dan: 07944 812 943 Julia & Paul: 020 8699 0621 Sue: 07790 354803 Antonia:0208 674 5785	Nigel: 07976 650 886 Clare: 0781 517 3953 Tai Chi: Andreas 020 7274 2246 Pregnancy Yoga: 020 8678 0054  Balinese Energy: 020 7733 6951 Western Buddhists: 020 8981 1225	All classes marked <b>Yoga</b> are open to any level. <b>Astanga</b> classes are more suitable for people with some yoga experience. Call teacher for enquiries.  <u>Wear loose, warm clothing and try not to eat at least 2 hours prior to class.</u>				