

<b>April</b>		
<b>Saturday</b>	9:00 – 10:15	Hatha Flow – Body Alignment and Breathing into Stillness
<b>Sunday</b>	9:00 – 10:15	Hatha Flow – Body Alignment and Breathing into Stillness

<b>May</b>		
<b>Saturday</b>	9:00 – 10:15	Hatha Flow – Body Alignment and Breathing into Stillness
<b>Sunday</b>	9:00 – 10:15	Hatha Flow – Body Alignment and Breathing into Stillness

<b>June</b>		
<b>Tuesday</b>	8:00 - 9:15	Awakening the Spine
<b>Wednesday</b>	8:00 - 9:15	Hatha Flow – Body Alignment
<b>Thursday</b>	8:00 - 9:15	Awakening the Spine
<b>Saturday</b>	8:00 - 9:15	Hatha Flow – Body Alignment and Breathing into Stillness
<b>Sunday</b>	8:00 - 9:15	Hatha Flow – Body Alignment

<b>July</b>		
<b>Tuesday</b>	8:00 – 9:15	Awakening the Spine
	9:30 – 10:30	SUP Yoga
<b>Wednesday</b>	8:00 – 9:15	Hatha Flow – Body Alignment
<b>Thursday</b>	8:00 – 9:15	Awakening the Spine
	9:30 – 10:30	SUP Yoga
<b>Friday</b>	17:00 – 18:00	Gong Sound Bath
<b>Saturday</b>	8:00 – 9:15	Hatha Flow – Body Alignment and Breathing into Stillness
<b>Sunday</b>	8:00 – 9:15	Hatha Flow – Body Alignment
	9:30 – 10:30	SUP Yoga

<b>August</b>		
<b>Tuesday</b>	8:00 – 9:15	Awakening the Spine
	9:30 – 10:30	SUP Yoga
<b>Wednesday</b>	8:00 – 9:15	Hatha Flow – Body Alignment
<b>Thursday</b>	8:00 – 9:15	Awakening the Spine
	9:30 – 10:30	SUP Yoga
<b>Friday</b>	17:00 – 18:00	Gong Sound Bath
<b>Saturday</b>	8:00 – 9:15	Hatha Flow – Body Alignment and Breathing into Stillness
<b>Sunday</b>	8:00 – 9:15	Hatha Flow – Body Alignment
	9:30 – 10:30	SUP Yoga

<b>September</b>		
<b>Tuesday</b>	8:00 - 9:15	Awakening the Spine
<b>Wednesday</b>	8:00 - 9:15	Hatha Flow – Body Alignment
<b>Thursday</b>	8:00 - 9:15	Awakening the Spine
<b>Saturday</b>	8:00 - 9:15	Hatha Flow – Body Alignment and Breathing into Stillness
<b>Sunday</b>	8:00 - 9:00	Hatha Flow – Body Alignment

<b>October</b>		
<b>Saturday</b>	9:00 – 10:15	Hatha Flow – Body Alignment and Breathing into Stillness
<b>Sunday</b>	9:00 – 10:15	Hatha Flow – Body Alignment and Breathing into Stillness

<b>Descriptions:</b>	
Hatha Yoga	Hatha yoga positions are meaningfully connected in a sequence with the aim of stimulating the cleansing of the body (physical and mental), and emphasising the energy lines in each position.
Awakening the Spine	Yogic positions (asanas) and breathing techniques (pranayama and kriya) that awaken energy along the spine.
Breathing into Stillness	The emphasis is on conscious breathing and the use of certain techniques to enter a meditative state of mind.
Gong Sound Bath	The result of a gong sound bath is a state in which we enjoy waves of peace, increased awareness and deep relaxation of the mind, body and spirit. Time stands still as you enter the world of vibrations, sensations and experiences.