

There's a warm welcome waiting for you at **Yogawest**. In our two studios we run classes seven days a week, for all levels of ability, from absolute beginners to experienced and specialised classes such as gentle, pregnancy and children's classes.

We offer a warm and welcome sanctuary; a safe place, with highly trained teachers; classes to help develop strength, flexibility, stamina, concentration and relaxation; and a community where you are valued.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09.30 – 11.00 <b>General*</b> Annemarie <i>termtime</i>	07.00 – 08.00 <b>Early Morning*</b> Jess <i>course</i>	09.15 – 10.30 <b>Beginners*</b> Katy <i>termtime</i>	09.15 – 10.45 <b>General*</b> Claire <i>termtime</i>	08.30 – 09.30 <b>Pranayama*</b> Edgar <i>occasional: dates online</i>	09.15 – 10.45 <b>Intermediate</b> Luke	10.00 – 11.30 <b>General</b> Sam
10.00 – 11.30 <b>General</b> Janet	09.15 – 10.30 <b>Beginners*</b> Jess <i>termtime</i>	10.00 – 11.30 <b>General</b> Zoë H	10.00 – 12.00 <b>Intermediate Women</b> Lizzie	09.30 – 11.00 <b>General</b> Zoë H	09.30 – 10.45 <b>Beginners</b> Joanna	11.45 – 13.15 <b>Intermediate*</b> Sam
14.00 – 15.00 <b>Gentle*</b> Jess <i>course</i>	09.30 – 11.00 <b>General</b> Katy	11.45 – 13.15 <b>General</b> Lizzie	11.00 – 12.15 <b>Beginners*</b> Jess <i>termtime</i>	10.00 – 12.00 <b>Experienced</b> Edgar	11.00 – 12.30 <b>General</b> Luke	<b>Some weekends</b> <b>Special events/</b> <b>workshops*</b> <i>details in 'Workshops' online</i>
16.15 – 17.05 <b>Teenager 11–16*</b> Diana <i>course</i>	12.30 – 13.30 <b>Postnatal*</b> Jess <i>course</i>		16.15 – 17.05 <b>Teenager 11–16*</b> Amber <i>course</i>	12.15 – 13.45 <b>General</b> Edgar	14.30 – 15.30 <b>Foundation*</b> <i>course: dates online</i>	
17.10 – 18.00 <b>Young adults 16–20*</b> Diana <i>course</i>	13.45 – 14.45 <b>Pregnancy*</b> Jess <i>course</i>		17.10 – 18.00 <b>Teenager 11–16*</b> Amber <i>course</i>	17.45 – 19.00 <sup>Δ</sup> <i>new time</i> <b>Beginners*</b> Joanna <i>termtime</i>	16.00 – 17.15 <b>Beginners*</b> <b>students £5</b> Luhia	16.30 – 17.15 <b>Family*</b> <i>occasional: dates online</i>
18.00 – 19.30 <b>Intermediate</b> Frances	14.00 – 15.00 <b>Baby massage*</b> Jocasta <i>course</i>	17.30 – 19.00 <b>General</b> Lydia	17.00 – 18.30 <b>General</b> Zoë H	18.00 – 19.30 <b>Restorative</b> Lizzie	18.00 – 19.30 <b>General</b> Zoë R	
18.15 – 19.30 <b>Beginners*</b> Zoë H <i>termtime</i>	16.00 – 16.45 <b>Children 4–7*</b> Jocasta <i>course</i>	18.30 – 19.45 <b>Beginners</b> Naomi	18.15 – 19.30 <b>Beginners</b> Luke			
19.45 – 21.15 <b>General</b> George	16.45 – 17.30 <b>Children 7–11*</b> Jocasta <i>course</i>	19.15 – 20.45 <b>Intermediate</b> Lydia	18.45 – 20.15 <b>General</b> Lizzie			
19.45 – 21.00 <b>Dynamic*</b> Zoë H <i>termtime</i>	18.00 – 19.00 <b>Foundation*</b> <i>course: dates online</i>	20.00 – 21.00 <b>Foundation*</b> <i>course: dates online</i>	19.45 – 21.15 <b>Improvers</b> Annemarie			
	18.15 – 19.45 <b>General</b> Jacob					
	19.15 – 20.30 <b>Beginners</b> Annemarie					
	20.00 – 21.30 <b>Intermediate</b> Jacob					

#### NOTES

Most classes are drop-in and do not need to be booked. Some classes held in Studio 2 may be capped at the teacher's discretion, so arrive early to secure your place. If we have a workshop running, some classes may be cancelled or be held in Studio 2: details will be published online.

\* these classes are not always on every week: see website for termtime dates and course info.

This timetable is correct at the time of printing but is regularly updated: check online and on our noticeboards for latest class information including last minute changes, details of extra classes/courses, and reduced timetables at holiday times.

**Please arrive in good time for class.** Leave coats and bags in the changing rooms and bring small valuables into the studio. Because this is a yoga environment, be sure to **turn your phone off completely** (not just to silent or vibrate).

#### CLASS FEES

	Drop-in	Yogacard-6	Yogacard-8	Yogacard-12	Foundation Course
up to 1.5 hr class	£12 (£10)	£60 (£48)	–	£108 (£84)	£49 (or 2 places for £79)
2 hour class	£16 (£14)	–	£112 (£96)	–	

**MONTHLY PASS: £100** Prepaid monthly passes allow the named cardholder to attend unlimited drop-in yoga classes (not courses or workshops) during a calendar month.

Yogacards are valid for 3 calendar months. (Concessions fees in brackets).  
£5 supplement on Yogacard-6 and 12s for a 2-hour class. We accept debit/credit cards.

#### CONDITIONS AND CONCESSIONS

1. Yogacards are valid for three calendar months.
2. Yogacards are for individuals, are not transferable and cannot be used after the expiry date. Yogacards cannot be used for courses or workshops.
3. No refunds given for unused classes.
4. Concessions are for full-time students, those unemployed and wholly supported by state benefits. Concessions are not valid for all classes: please check our website for current terms and conditions.
5. From time to time, we may offer reduced rates for selected quieter classes: see website for offers.

# Class descriptions



0117 924 3330  
yogawest.co.uk

## Foundation

A 5-week course for complete beginners or people wanting to revisit the basics. The course introduces you to the fundamental poses and principles of yoga practice. Courses start regularly throughout the year and must be pre-booked. *(If you want to start yoga before the next course begins, you can come to beginner classes in the meantime.)*

## Beginners

Beginner classes are suitable for people who are new or fairly new to yoga, or are returning after a break, or just prefer to work at a gentler pace. You are welcome to come to a beginners class however long you have been practicing yoga, regardless of your experience.

## Gentle

For those who feel they are not ready for other classes – perhaps older/stiffer/out of shape: the gentle course is taught at a slower pace.

## General

Suitable for students of all levels of experience and ability. Beginners are welcome; more experienced students may sometimes be given different poses.

## Dynamic

Fast moving Iyengar sequences to stimulate and invigorate. Suitable for those with Iyengar experience who want to work a little faster in class; not suitable for injuries, pregnancy/ menstruation or beginners.

## Restorative

An end-of-week restful class with sequences and pranayama designed to destress, relax and prepare you for the weekend.

## Improvers

This class gives you an opportunity to build your understanding and confidence in intermediate level poses.

## Intermediate

Intermediate classes are for students who have attended regular Iyengar classes for a while. Poses are more challenging and the instructions given assume a certain level of understanding and maturity of practice. If you want to try an intermediate level class, just let the teacher know and they will look after you.

## Experienced

Suitable for more experienced Iyengar practitioners, who have an established home practice and can work with dynamic and precise instructions. In the classes we look in depth at introductory level actions and how they provide the basis for the more advanced asanas. We work on a range of asanas from across the syllabus, including pranayama and restorative practices. At this level students should be confident practising the inverted asanas (sirsasana and sarvangasana).

## Pranayama

Pranayama is the practice of changing your natural breath pattern in order to bring balance to the mind and body. In these occasional classes we explore the art and science of pranayama. All welcome.

## Pregnancy/ Postnatal

Specially adapted courses designed to nurture and support you during this important time of your life, preparing your body and mind for childbirth and beyond. Suitable for beginners or those already practising: check website for details.

## Children & Teenager

Run as termtime courses for 4–7s, 7–11s, 11–16s and 16–20s. The classes offer a fun, creative approach to yoga, encouraging flexibility, focus and relaxation in growing bodies and busy minds.

## Parent/Teenager

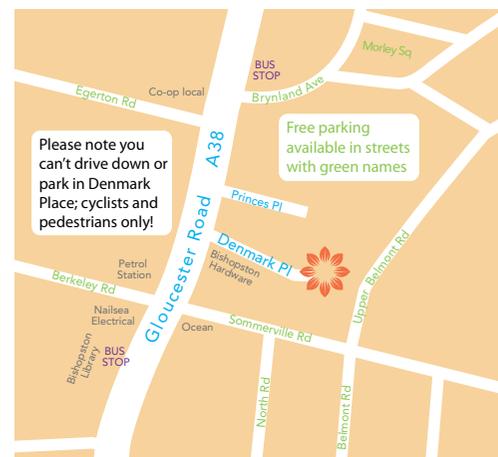
Multi-generational yoga is a great way of sharing quality time together and can be of tremendous benefit to all. See website for suggested suitable classes.

## Family

Occasional: see website for dates. An opportunity to share a class with family and friends young and old.



The heart of yoga in Bristol



Denmark Place, Bishopston, Bristol, BS7 8NW

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See online timetable for daily updates, new classes and holiday changes

