

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> <i>Annemarie termtime</i>	07.00 – 08.00 <b>Early Morning*</b> <i>Jess termtime</i>	09.15 – 10.30 <b>Beginners*</b> <i>Katy termtime</i>	09.15 – 10.45 <b>General*</b> <i>Claire termtime</i>	08.30 – 09.30 <b>Pranayama*</b> <i>occasional: dates online</i>	09.15 – 10.45 <b>Intermediate</b> <i>Luke</i>	09.45 – 11.00 <b>Beginners*</b> <i>Ellen course</i>
10.00 – 11.30 <b>General</b> <i>Janet</i>	09.15 – 10.30 <b>Beginners*</b> <i>Jess termtime</i>	10.00 – 11.30 <b>General</b> <i>Zoë H</i>	10.00 – 12.00 <b>Intermediate Women</b> <i>Lizzie</i>	09.30 – 11.00 <b>General</b> <i>Zoë H</i>	09.30 – 10.45 <b>Beginners</b> <i>Joanna</i>	10.00 – 11.30 <b>General</b> <i>Sam</i>
11.15 – 12.30 <b>Beginners*</b> <i>Sue course</i>	09.30 – 11.00 <b>General</b> <i>Katy</i>	11.45 – 13.15 <b>General</b> <i>Lizzie</i>	11.00 – 12.15 <b>Beginners*</b> <i>Jess termtime</i>	10.00 – 12.00 <b>Experienced</b> <i>Edgar</i>	11.00 – 12.30 <b>General</b> <i>Luke</i>	11.45 – 13.15 <b>Intermediate*</b> <i>Sam termtime</i>
14.00 – 15.00 <b>Gentle*</b> <i>Jess course</i>	12.30 – 13.30 <b>Postnatal*</b> <i>Jess course</i>	Various times <b>1:1 classes</b> <i>Teacher by arrangement</i>	16.15 – 17.05 <b>Teenager 11-16*</b> <i>Amber course</i>	12.15 – 13.45 <b>General</b> <i>Edgar</i>	14.30 – 15.30 <b>Foundation*</b> <i>course: dates online</i>	Some weekends <b>Special events/workshops*</b> <i>details in 'Workshops' online</i>
16.15 – 17.05 <b>Teenager 11-16*</b> <i>Diana course</i>	13.45 – 14.45 <b>Pregnancy*</b> <i>Jess course</i>		17.10 – 18.00 <b>Teenager 11-16*</b> <i>Amber course</i>	16.30 – 17.45 <sup>Δ new time</sup> <b>Beginners*</b> <i>Joanna termtime</i>	16.00 – 17.15 <b>Beginners*</b> <i>students £5</i> <i>Luhia termtime</i>	
17.10 – 18.00 <b>Young adults 16-20*</b> <i>Diana course</i>	14.00 – 15.00 <b>Baby massage*</b> <i>Jocasta course</i>	17.00 – 18.30 <b>General</b> <i>Lydia</i>	17.00 – 18.30 <b>General</b> <i>Zoë H</i>	18.00 – 19.30 <b>Restorative</b> <i>Lizzie</i>	16.30 – 17.15 <b>Family*</b> <i>occasional: dates online</i>	18.00 – 19.30 <b>General</b> <i>Zoë R</i>
18.00 – 19.30 <b>Intermediate</b> <i>Frances</i>	16.15 – 17.00 <b>Child 6-11 Level 1*</b> <i>Jocasta course</i>	18.30 – 19.45 <b>Beginners</b> <i>Naomi</i>	18.15 – 19.30 <b>Beginners</b> <i>Luke</i>	<b>NOTES</b> 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. <b>Please arrive in good time for class.</b> Leave coats and bags in the changing rooms and bring small valuables into the studio. Because this is a yoga environment, be sure to <b>turn your phone off completely</b> (not just to silent or vibrate).		
18.15 – 19.30 <b>Beginners*</b> <i>Zoë H termtime</i>	17.00 – 17.45 <b>Child 6-11 Level 2*</b> <i>Jocasta course</i>	18.45 – 20.45 <b>Intermediate</b> <i>Lydia</i>	18.45 – 20.15 <b>General</b> <i>Lizzie</i>			
19.45 – 21.15 <b>General</b> <i>Zoë H</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> <i>Annemarie termtime</i>			
	18.15 – 19.45 <b>General</b> <i>Jacob</i>					
	19.15 – 20.30 <b>Beginners</b> <i>Annemarie</i>					
	20.00 – 21.30 <b>Intermediate</b> <i>Jacob</i>					

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

- Yogacards are valid for three calendar months and cannot be used after the expiry date. No refunds given for unused classes.
- Yogacards are for one named individual and are not transferable. Yogacards cannot be used for courses or workshops.
- Concessions are granted on a fairplay basis to full-time students under 30, and those unemployed and wholly supported by state benefits. Concessions are not valid for all classes: website lists current details.
- 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 and courses 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.

## Restorative

An end-of-week restful class with sequences and pranayama designed to destress, relax and rebalance.

## Improvers

This class is for students who have been attending beginner/general classes and want to gain confidence and knowledge in preparation for going to intermediate classes.

## 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).

## 1:1 classes

Individual attention in an hour-long session. Times by arrangement.

## 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 6–11s (Level 1 & 2), 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

