

LOVELY yoga

Autumn Term 2023

Mon 18th September to Fri 20th October

Mon 30th November to Fri 15th December

£8.50 on block bookings per half term

£7 for chair yoga and step aerobics

Drop in students - £10

Mondays

5.30pm Step & body conditioning, The Oasis Studio, Lostwithiel.

6.30pm Intelligent Yoga, The Oasis Studio, Lostwithiel.

Tuesdays

9.15am Chair yoga & somatics - The Oasis Studio, Lostwithiel.

10.00am Somatic movement therapy - The Oasis Studio, Lostwithiel.

11.15am Somatic movement therapy - The Oasis Studio, Lostwithiel.

6pm Adult Education Yoga, Cornwall College, St Austell

Wednesdays

9.30am Step & body conditioning, The Oasis Studio, Lostwithiel.

5.30pm Somatic Movement Therapy, Cornwall College St Austell

6.35pm Intelligent Yoga, Cornwall College St Austell

Thursdays

09.30am Step & body conditioning, The Oasis Studio, Lostwithiel

10.30am Chair yoga & somatics - The Oasis Studio, Lostwithiel.

Fridays

9.00am Somatic movement therapy, The Oasis Studio, Lostwithiel.

10.15am Yoga for wellbeing, The Oasis Studio Lostwithiel.

11.30am Yoga for wellbeing, The Oasis Studio Lostwithiel.

Contact Emma Mansfield, BA Hons, RSA, BWY+500

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