



the unfolding journey...

# One Shakti - Yoga Group Classes Spring 2018

Time /Dates	Fees	Area/Venue	Group	Level	Instructor
<b>SUNDAY</b>					
08.30 - 10.00 <b>7 Jan - 25 Mar (12 wks)</b>	144 Drop In £15	Potters Bar - The Wroxham School	Mixed	General Yoga	Manish@oneshakti.co.uk
08.30 - 10.00 <b>Please Enquire</b>	Please Enquire	Alexander Park School, Muswell Hill	Mixed	General Yoga	Geeta@oneshakti.co.uk
10.45 - 12.15 <b>7 Jan - 25 Mar (12 wks)</b>	£144	Bushey - Bournehall Primary School	Mixed	General Yoga	Manish@oneshakti.co.uk
19.00 - 20.30 <b>7 Jan - 25 Mar (12 wks)</b>	£144	The Studio, Silverston Way, Stanmore	Mixed	Pranayama & Meditation	Manish@oneshakti.co.uk
<b>MONDAY</b>					
9.30 - 10.45 <b>8 Jan - 26 Mar (12 wks)</b>	108 Drop In £12	Edgware - Watling Community Centre (Memorial Hall)	Mixed	Beginners/ Intermediate Yoga	Manish@oneshakti.co.uk
11.15 - 12.45 <b>8 Jan - 26 Mar (11 wks)</b> (except 12 Feb)	132 Drop In £15	Hartspring Lane Community Centre	Mixed	General Yoga	Manish@oneshakti.co.uk
19.30 - 21.00 <b>6 weekly sessions</b> See Note 1 (below)	£75	Hartspring Lane Community Centre	Expectant >14weeks gestation	Pre Natal Yoga	Ananti@oneshakti.co.uk
<b>TUESDAY</b>					
9.45 - 11.00 <b>Please Enquire</b>	Please Enquire	Edgware - Watling Community Centre	Ladies	Yoga Therapy	Geeta@oneshakti.co.uk
12.30 - 13.30 <b>5 wkly sessions</b>	£50 Drop-in £12.50	Loudwater Farm, Rickmansworth	Mums & Baby	Post Natal Yoga	Ananti@oneshakti.co.uk
19.30 - 21.00 <b>Please Enquire</b>	Please Enquire	Swaminarayan Temple, Stanmore	Ladies	Beginners/ Intermediate Yoga	Laxmi@oneshakti.co.uk
19.45 - 21.15 <b>9 Jan - 27 Mar (12 wks)</b>	£144	Harrow High School	Mixed	Beginners/ Intermediate Yoga	Manish@oneshakti.co.uk
<b>WEDNESDAY</b>					
19.00 - 20.30 <b>10 Jan - 28 Mar (12 wks)</b>	£144	Edgware - Watling Community Centre (Memorial Hall)	Mixed	Beginners/ Intermediate Yoga	Manish@oneshakti.co.uk
20.30 - 22.00 <b>10 Jan - 28 Mar (12 wks)</b>	£144	Edgware - Watling Community Centre (Memorial Hall)	Mixed	Intermediate/ Advanced Yoga	Manish@oneshakti.co.uk

## THURSDAY

11.30 - 12.30	£50	Hartspring Lane Community Centre	Mums & Baby	Post Natal Yoga	Ananti@oneshakti.co.uk
<b>5 weekly sessions</b>	Drop-in				
See Note 1 (below)	£12.50				

18:30 - 20:00	£90	Loudwater Farm, Rickmansworth	Expectant >14weeks gestation	Pre Natal Yoga	Ananti@oneshakti.co.uk
<b>6 weekly sessions</b>					
See Note 1 (below)					

20.15 - 21.45	144	Edgware - Watling Community Centre (Main Hall)	Mixed	Beginners/ Intermediate Yoga	Manish@oneshakti.co.uk
<b>4 Jan - 22 Mar (12 wks)</b>	Drop-in				
	£15				

## FRIDAY

9.30 - 11.00	Please Enquire	Kings Langley Parish Council, Herts	Mixed	General Yoga	Ananti@oneshakti.co.uk Geeta@oneshakti.co.uk
<b>Please Enquire</b>					

11.15 - 12.45	132	Hartspring Lane Community Centre	Mixed	Intermediate Yoga	Manish@oneshakti.co.uk
<b>5 Jan - 23 Mar (11 wks)</b>	Drop-in				
(except 16 Feb)	£15				

12.45 - 13.15	55	Hartspring Lane Community Centre	Mixed	Pranayama & Meditation	Manish@oneshakti.co.uk
<b>5 Jan - 23 Mar (11 wks)</b>	Drop-in				
(except 16 Feb)	£7				

## SATURDAY

09.00 - 10.30	£75	Harrow District Masonic Centre	Expectant >14weeks gestation	Pre Natal Yoga	Ananti@oneshakti.co.uk
<b>6 weekly sessions</b>					
See Note 1 (below)					

### Notes:

1. For Pre & Post Natal Yoga course dates, please visit [www.yummy-yoga.co.uk](http://www.yummy-yoga.co.uk)
2. For Drop-in or details about a specific Scheduled Class, any enquiries, please contact named instructor
3. The instructors and One Shakti group will not bear any responsibility for any personal loss, damage or injuries during the enrolled One Shakti Yoga programme(s). One Shakti as a group does not accept any liability.
4. Venue Addresses:
  - Alexander Park School, Rhodes Avenue, Muswell Hill, London N11 2AZ
  - Bournehall Primary School, Bournehall Avenue, Bushey, Herts WD23 3AX
  - Harrow District Masonic Centre, Northwick Circle, Harrow, Middlesex HA3 0EL
  - Harrow High School (Drama Studio), 1st Floor, Sports Block, Gayton Rd, Harrow, Middlesex HA1 2JG
  - Hartspring Lane Community Centre, 336 Park Avenue, Bushey, Herts WD23 2BJ
  - Kings Langley Private Residence, WD4
  - Kings Langley Parish Council, Charter Court/Vicarage Lane, Kings Langley (near Watford), Herts WD4 9HR
  - Loudwater Farm, Loudwater Lane, Rickmansworth, Herts WD3 4HG
  - The Studio, Silverston Way, Stanmore, Middlesex HA7 4HR
  - Swaminarayan Temple, Wood Lane, Stanmore Middlesex HA7 4LF
  - Watling Community Centre (Memorial or Main Hall), 145 Orange Hill Rd, Edgware, Middlesex HA8 0TR
  - The Wroxham School, Wroxham Gardens, Potters Bar EN6 3DJ