



the unfolding journey...

One Shakti - Yoga Group Classes Autumn 2018

Time /Dates	Fees	Area/Venue	Group	Level	Instructor
SUNDAY					
08.30 - 10.00 9 Sept - 9 Dec (13 wks)	169 Drop In £17	Potters Bar - The Wroxham School	Mixed	General Yoga	Manish@oneshakti.co.uk
08.30 - 10.00 Please Enquire	Please Enquire	Alexander Park School, Muswell Hill	Mixed	General Yoga	Geeta@oneshakti.co.uk
10.45 - 12.15 9 Sept - 9 Dec (13 wks)	£169	Bushey - Bournehall Primary School	Mixed	General Yoga	Manish@oneshakti.co.uk
19.00 - 20.30 9 Sept - 9 Dec (13 wks)	£169	The Studio, Silverston Way, Stanmore	Mixed	Pranayama & Meditation	Manish@oneshakti.co.uk
MONDAY					
9.30 - 10.45 10 Sept - 10 Dec (14 wks)	£126 Drop In £12	Edgware - Watling Community Centre (Memorial Hall)	Mixed	Beginners/ Intermediate Yoga	Manish@oneshakti.co.uk
11.15 - 12.45 10 Sept - 10 Dec (13 wks) (except 29 Oct)	156 Drop In £17	Hartspring Lane Community Centre	Mixed	General Yoga	Manish@oneshakti.co.uk
19.30 - 21.00 6 weekly sessions See Note 1 (below)	£75	Hartspring Lane Community Centre	Expectant >14weeks gestation	Pre Natal Yoga	Ananti@oneshakti.co.uk
TUESDAY					
9.45 - 11.00 Please Enquire	Please Enquire	Edgware - Watling Community Centre	Ladies	Yoga Therapy	Geeta@oneshakti.co.uk
12.30 - 13.30 5 wkly sessions	£50 Drop-in £12.50	Loudwater Farm, Rickmansworth	Mums & Baby	Post Natal Yoga	Ananti@oneshakti.co.uk
19.30 - 21.00 Please Enquire	Please Enquire	Swaminarayan Temple, Stanmore	Ladies	Beginners/ Intermediate Yoga	Laxmi@oneshakti.co.uk
19.45 - 21.15 4 Sept - 11 Dec (15 wks)	£195	Harrow High School	Mixed	Beginners/ Intermediate Yoga	Manish@oneshakti.co.uk
WEDNESDAY					
19.00 - 20.30 5 Sept - 12 Dec (14 wks) (except 7 Nov)	£182	Edgware - Watling Community Centre (Memorial Hall)	Mixed	Beginners/ Intermediate Yoga	Manish@oneshakti.co.uk
20.30 - 22:00 5 Sept - 12 Dec (14 wks) (except 7 Nov)	£182	Edgware - Watling Community Centre (Memorial Hall)	Mixed	Intermediate/ Advanced Yoga	Manish@oneshakti.co.uk

THURSDAY

11.30 - 12.30 5 weekly sessions See Note 1 (below)	£50 Drop-in £12.50	Hartspring Lane Community Centre	Mums & Baby	Post Natal Yoga	Ananti@oneshakti.co.uk
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18:30 - 20:00 6 weekly sessions See Note 1 (below)	£90	Loudwater Farm, Rickmansworth	Expectant >14weeks gestation	Pre Natal Yoga	Ananti@oneshakti.co.uk
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20.15 - 21:45 6 Sept - 13 Dec (14 wks) (except 8 Nov)	£182	Edgware - Watling Community Centre (Main Hall)	Mixed	Beginners/ Intermediate Yoga	Manish@oneshakti.co.uk
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FRIDAY

9.30 - 11.00 Please Enquire	Please Enquire	Kings Langley Parish Council, Herts	Mixed	General Yoga	Ananti@oneshakti.co.uk Geeta@oneshakti.co.uk
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11.15 - 12.45 7 Sept - 14 Dec (14 wks) (except 2 Nov)	£182 Drop-in £17	Hartspring Lane Community Centre	Mixed	Intermediate Yoga	Manish@oneshakti.co.uk
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12.45 - 13:15 7 Sept - 14 Dec (14 wks) (except 2 Nov)	£68 Drop-in £7	Hartspring Lane Community Centre	Mixed	Pranayama & Meditation	Manish@oneshakti.co.uk
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SATURDAY

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

1. For Pre & Post Natal Yoga course dates, please visit 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