



the unfolding journey...

One Shakti - Yoga Group Classes

Autumn 2019

Time /Dates	Fees	Area/Venue	Group	Level	Instructor
SUNDAY					
08.30 - 10.00 8 Sept - 8 Dec (14 wks)	£182 Drop In £17	Potters Bar - The Wroxham School	Mixed	General Yoga	Manish@oneshakti.co.uk
10.45 - 12.15 8 Sept - 8 Dec (14 wks)	£182 Drop In £17	Bushey - Bournehall Primary School	Mixed	General Yoga	Manish@oneshakti.co.uk
19.00 - 20.30 8 Sept - 8 Dec (14 wks)	£182	The Studio, Silverston Way, Stanmore	Mixed	Pranayama & Meditation	Manish@oneshakti.co.uk
MONDAY					
9.30 - 10.45 9 Sept - 9 Dec (13 wks) (except 28 Oct)	£130 Drop In £13	Edgware - Watling Community Centre (Memorial Hall)	Mixed	Beginners/ Intermediate Yoga	Manish@oneshakti.co.uk
11.15 - 12.45 9 Sept - 9 Dec (13 wks) (except 28 Oct)	£169 Drop In £17	Hartspring Lane Community Centre	Mixed	General Yoga	Manish@oneshakti.co.uk
TUESDAY					
20.30 - 22.00 Please Enquire	Please Enquire	Belmont Assembly Hall, Belmont Circle	Ladies	Beginners/ Intermediate Yoga	yogakunj@gmail.com
19.45 - 21.15 10 Sept - 3 Dec (12 wks) (except 17 Sept)	£156	Harrow High School	Mixed	Beginners/ Intermediate Yoga	Manish@oneshakti.co.uk
WEDNESDAY					
19.00 - 20.30 4 Sept - 11 Dec (15 wks)	£195	Edgware - Watling Community Centre (Memorial Hall)	Mixed	Beginners/ Intermediate Yoga	Manish@oneshakti.co.uk
20.30 - 22:00 4 Sept - 11 Dec (15 wks)	£195	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
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
19:30 - 21:00 5 Sept - 12 Dec (15 wks)	£195 Drop In £17	Edgware - Watling Community Centre (Main Hall)	Mixed	Beginners/ Intermediate Yoga	Manish@oneshakti.co.uk

FRIDAY

11.15 - 12.45	£182	Hartspring Lane Community Centre	Mixed	Intermediate Yoga	Manish@oneshakti.co.uk
6 Sept - 13 Dec (14 wks) (except 25 Oct)	Drop-in £17				

SATURDAY

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

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:
 - 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
 - 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