



the unfolding journey...

# One Shakti - Live & Online Yoga Classes Autumn 2020

Time /Dates	Fees	Area/Venue	Type	Class	Instructor
<b>SUNDAY</b>					
10.00 - 11.30 <b>6 Sept - 13 Dec (13 wks)</b> (ex 18 Oct, 15 Nov)	£170	---	Online	General Yoga	Manish@oneshakti.co.uk
<b>MONDAY</b>					
9.30 - 10.45 <b>7 Sept - 7 Dec (13 wks)</b> (ex 19 Oct)	£140	Edgware - Watling Community Centre (Memorial Hall)	Live	General Yoga	Manish@oneshakti.co.uk
11.15 - 12.45 <b>7 Sept - 7 Dec (13 wks)</b> (ex 19 Oct)	£170	Hartspring Lane Community Centre	Live	General Yoga	Manish@oneshakti.co.uk
20.30 - 21.45 <b>7 Sept - 7 Dec (13 wks)</b> (ex 19 Oct)	£140	---	Online	Breathe, Relax & Meditate	Manish@oneshakti.co.uk
<b>WEDNESDAY</b>					
19.00 - 20.30 <b>9 Sept - 9 Dec (13 wks)</b> (ex 21 Oct)	£170	Edgware - Watling Community Centre (Memorial Hall)	Live	General Yoga	Manish@oneshakti.co.uk
20.30 - 22.00 <b>9 Sept - 9 Dec (13 wks)</b> (ex 21 Oct)	£170	Edgware - Watling Community Centre (Memorial Hall)	Live	General Yoga	Manish@oneshakti.co.uk
<b>THURSDAY</b>					
19.30 - 21.00 <b>10 Sept - 10 Dec (13 wks)</b> (ex 22 Oct)	£170	---	Online	General Yoga	Manish@oneshakti.co.uk
<b>FRIDAY</b>					
10.00 - 11.15 <b>11 Sept - 11 Dec (13 wks)</b> (ex 23 Oct)	£140	---	Online	Intermediate Yoga	Manish@oneshakti.co.uk

### Notes for Online Classes:

1. These sessions are offered online using Zoom App. Participant is responsible for their personal technical set-up.  
For any unforeseen technical issues at the organiser's end, the organiser will be do his utmost to reconvene the session at the earliest
2. Any health issues, please ensure your GP has agreed for you to undertake yoga practice or you accept full personal responsibility to participate
3. Ensure you have enough space to do yoga and as such not to injure yourself during the practice
4. Personal guidance will not be provided for these online classes. So important that you apply awareness in what you do and not to be compelled to do everything
5. Fees paid will be for the specific programme that you enrol for.  
Please note that fees for any missed classes cannot be reimbursed, transferred or carried forward to another term
6. Programme organiser has the discretion to change the programme dates in case of need or personal situation changes; and will reimburse the participant for any loss of the booked sessions

### Notes for Live Classes:

1. 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.

2. For drop-in or details about any specific class, any enquiries, please contact Manish

3. Venue Addresses:

- Hartspring Lane Community Centre, 336 Park Avenue, Bushey, Herts WD23 2BJ
- Watling Community Centre (Memorial or Main Hall), 145 Orange Hill Rd, Edgware, Middlesex HA8 0TR