

Time /Dates	Fees	Area/Venue	Level	Instructor
SUNDAY				
9.00 - 10.30 12 Sept - 12 Dec (14 wks)	£168	Online	General Yoga	Manish@oneshakti.co.uk
MONDAY				
9.30 - 10.45 6 Sept - 6 Dec (14 wks)	£140 Drop In Rate £13	Edgware - Watling Community Centre	Beginners/ Intermediate Yoga	Manish@oneshakti.co.uk
11.15 - 12.45 6 Sept - 6 Dec (14 wks)	£182 Drop In Rate £17	Hartspring Lane Community Centre	General Yoga	Manish@oneshakti.co.uk
20.30 - 21.45 6 Sept - 6 Dec (14 wks)	£140	Online	Breathe, Relax & Meditate	Manish@oneshakti.co.uk
TUESDAY (subject to min nos. enrolling)				
19.45 - 21.15 7 Sept - 7 Dec (14 wks)	£182	Harrow High School	Beginners/ Intermediate Yoga	Manish@oneshakti.co.uk
WEDNESDAY				
19.00 - 20.30 8 Sept - 8 Dec (14 wks)	£182	Edgware - Watling Community Centre	Beginners/ Intermediate Yoga	Manish@oneshakti.co.uk
20.30 - 22:00 8 Sept - 8 Dec (14 wks)	£182	Edgware - Watling Community Centre	Intermediate/ Advanced Yoga	Manish@oneshakti.co.uk
THURSDAY (subject to min nos. enrolling)				
19.30 - 21.00 9 Sept - 9 Dec (13 wks) (ex 4 Nov)	£156	Online	General Yoga	Manish@oneshakti.co.uk
FRIDAY				
10.00 - 11.15 10 Sept - 10 Dec (13 wks) (ex 5 Nov)	£130	Online	General Yoga	Manish@oneshakti.co.uk

SATURDAY

General Notes:

- 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.
- Any health issues, please ensure your GP has agreed for you to undertake yoga practice or you accept full personal responsibility to participate
- Fees paid will be for the specific programme that you enrol for. You can make up for any missed class by attending an alternative class during this term. Please note that fees for any missed classes cannot be reimbursed, transferred or carried forward to another term
- 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 Online Classes:

- 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 do his utmost to reconvene the session at the earliest

6. Ensure you have enough space to do yoga and as such not to injure yourself during the practice
7. 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

Notes for Live Classes:

8. Live classes will only go ahead if minimum number of participants have enrolled for the full programme
9. For drop-in or details about any specific class, any enquiries, please contact Manish
10. Venue Addresses:
 - Watling Community Centre (Memorial or Main Hall), 145 Orange Hill Rd, Edgware, Middlesex HA8 0TR
 - Hartspring Lane Community Centre, 336 Park Avenue, Bushey, Herts WD23 2BJ
 - Harrow High School (Drama Studio), 1st Floor, Sports Block, Gayton Rd, Harrow, Middlesex HA1 2JG