



# One Shakti - Yoga Group Classes

## Spring 2022

Time /Dates	Fees	Area/Venue	Level	Instructor
<b>SUNDAY</b>				
9.00 - 10.30 9 Jan - 27 Mar (12 wks)	£144	Online	General Yoga	Manish@oneshakti.co.uk
<b>MONDAY</b>				
9.30 - 10.45 10 Jan - 28 Mar (12 wks)	£132 Drop In Rate £14	<a href="#">Edgware - Watling Community Centre</a>	Beginners/ Intermediate Yoga	Manish@oneshakti.co.uk
11.15 - 12.45 10 Jan - 28 Mar (12 wks) (subject to min nos. enrolling)	£156 Drop In Rate £17	<a href="#">Hartspring Lane Community Centre</a>	General Yoga	Manish@oneshakti.co.uk
20.30 - 21.45 10 Jan - 28 Mar (12 wks)	£120	Online	Breathe, Relax & Meditate	Manish@oneshakti.co.uk
<b>WEDNESDAY</b>				
19.00 - 20.30 5 Jan - 30 Mar (13 wks)	£169	<a href="#">Edgware - Watling Community Centre</a>	Beginners/ Intermediate Yoga	Manish@oneshakti.co.uk
20.30 - 22:00 5 Jan - 30 Mar (13 wks)	£169	<a href="#">Edgware - Watling Community Centre</a>	Intermediate/ Advanced Yoga	Manish@oneshakti.co.uk
<b>FRIDAY</b>				
10.00 - 11.15 7 Jan - 1 Apr (13 wks)	£130	Online	General Yoga	Manish@oneshakti.co.uk

### 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
- Ensure you have enough space to do yoga and as such not to injure yourself during the practice
- 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:

- Live classes will only go ahead if minimum number of participants have enrolled for the full programme
- For drop-in or details about any specific class, any enquiries, please contact Manish
- Venue Address: Watling Community Centre (Memorial or Main Hall), 145 Orange Hill Rd, Edgware, Middlesex HA8 0TR