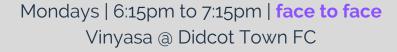
CLASS TIMETABLE



Mondays | 8pm to 9pm | online Yin Yoga via Zoom

Tuesdays | 12:15pm to 1pm

NEW! Yoga2Go ~online and recorded

Yoga ~ all levels (beginners included) via Zoom and

YouTube link

Tuesdays | 6:15pm to 7:15pm | face to face Yoga ~ all levels (beginners included) @ Didcot Town FC

> Wednesdays | 10:30am to 11:30am | online Restorative Yoga via Zoom

Thursdays | 6:15pm to 7:15pm | face to face Beginners Yoga @ Didcot Town FC

Please book on to class via www.wellbeingwithrachel.co.uk

SOME REMINDERS

- Booking and pre-payment essential.
- Arrive dressed and ready to practice yoga no more than 15 minutes prior to class. Wear a face mask to enter and exit the building.
- Clean hands before and after class and wear socks to walk across the floor.

- Bring your own clean mat and props.
- Set up your mat in the space allocated to you.
- Be kind, always.

Face to face classes ~ £8 or 3 classes for £20
Online class ~ £5

THANK YOU FOR YOUR CONTINUED SUPPORT!

