



old stable
wellness
STUDIO

A BREATH OF FRESH AIR

OUTDOOR WELLBEING
CLASS PROGRAMME

SUMMER 2018

JOIN US JUST A STONE'S THROW AWAY FROM THE OLD STABLE STUDIOS IN THE BEAUTIFUL BUTTERFLY GARDEN IN DARLEY PARK (NEXT TO THE HYDRANGEA COLLECTION) FOR TWO WEEKS OF RESTORATIVE WELLBEING CLASSES DESIGNED TO RESTORE AND INVIGORATE.

PROGRAMME

THE GARDEN'S TRANQUIL SURROUNDINGS ARE PERFECT FOR KICKING BACK AND GETTING BACK TO MOVING IN NATURE.

MAKE THE MOST OF BEING OUTDOORS AND AWAY FROM IT ALL. JOIN US, RELAX AND RE-ENERGISE.

MON 23 JULY	IYENGAR YOGA	1.00 - 2.00PM	CHARLOTTE ROSSER
TUES 24 JULY	CHI IN THE PARK - T'AI CHI	12.30 - 1.30PM	RUSSELL PARKIN
WED 25 JULY	RESTORATIVE YOGA WORKSHOP	7.00 - 8.30PM	ABBIE BERRY-HOPKINS (£12)
THURS 26 JULY	ASHTANGA YOGA (LEV 2)	10.00 - 11.30AM	PAUL KLEESMAA (£10)
FRI 27 JULY	TWILIGHT YOGA WORKSHOP	7.00 - 8.15PM	NINA PATEL
SAT 28 JULY	STRETCH, WALK & MEDITATE	8.00 - 9.15AM	DEBBIE LEAFE
	VINYASA FLOW YOGA	10.30 - 11.30AM	ABBIE BERRY-HOPKINS
	PILATES IN THE PARK	1.00 - 2.00PM	LOUISE COLLINSON
MON 13 AUGUST	IYENGAR YOGA	1.00 - 2.00PM	CHARLOTTE ROSSER
TUE 14 AUGUST	CHI IN THE PARK - T'AI CHI	12.30 - 1.30PM	RUSSELL PARKIN
WED 15 AUGUST	RESTORATIVE YOGA WORKSHOP	7.00 - 8.30PM	ABBIE BERRY-HOPKINS (£12)
THURS 16 AUGUST	ASHTANGA YOGA (LEV 2)	10.00 - 11.30AM	PAUL KLEESMAA (£10)
FRI 17 AUGUST	KIDSYOGA BUTTERFLY WORKSHOP	1.00 - 2.30PM	NIKKI DISNEY
	TWILIGHT YOGA WORKSHOP	7.00 - 8.15PM	NINA PATEL
SAT 18 AUGUST	STRETCH, WALK & MEDITATE	8.00 - 9.15AM	DEBBIE LEAFE
	PILATES IN THE PARK	10.30 - 11.30AM	LOUISE COLLINSON
	GARDEN YOGA WORKSHOP	1.00 - 2.30PM	NIKKI DISNEY
SUN 19 AUGUST	TAMALPA LIFE NATURE MOVEMENT WORKSHOP	10.30AM - 12.00	KATHERINE MCKENZIE (£10)

ALL CLASSES ARE £8.00 UNLESS STATED OTHERWISE.
SPACES ARE LIMITED AND BOOKING AHEAD IS RECOMMENDED

FOR FURTHER INFORMATION AND BOOKING PLEASE CALL US ON: 01332 554551 OR EMAIL US AT: INFO@OLDSTUDIOWELLNESS.CO.UK

IN CASE OF INCLEMENT WEATHER, ALTERNATIVE STUDIO SPACE IS AVAILABLE.

