

YOGA WITH THE CROW- www.yogacrow.uk/bookings

CLASS	RECURRING	DAY	START TIME	END TIME	LOCATION
Breathe & Restore*	Weekly	MONDAY	11:30 AM	13:00 PM	Epping Golf Club
Progressive Hatha Yoga	Weekly	TUESDAY	10:00 AM	11:15 AM	Epping Golf Club
Progressive Hatha Yoga	Weekly	TUESDAY	6:00 PM	7:15 PM	Epping Golf Club
Progressive Hatha Yoga	Weekly	TUESDAY	7:30 PM	8:45 PM	Epping Golf Club
Progressive Hatha Yoga	Weekly	WEDNESDAY	10:00 AM	11:15 AM	Epping Golf Club
Progressive Hatha Yoga	Weekly	WEDNESDAY	6:30 PM	8:00 PM	Loughton
Progressive Hatha Yoga	Weekly	THURSDAY	9:30 AM	10:45 AM	Zinc Art - Ongar
Teen Yoga & Mindfulness (Girls only, Age 16-18)	Weekly	THURSDAY	16:30 PM	17:30 PM	Epping Golf Club
Progressive Hatha Yoga	Weekly	SATURDAY	10:00 AM	11:30 AM	Loughton
Weekend Mini-Day-Retreats**	Monthly	SATURDAY / SUNDAY	TBC	TBC	TBC

* **Breathe & Restore** has been created for learning and improving a new skill. We will learn how to train the mind & body together towards moving into stillness, calm and peaceful state of our being. These skills will hopefully help us to deal and cope with the stressors of modern everyday life through more detailed breathing practices, restorative yoga and meditation. You will train your body and mind to move into stillness, deepen your focus in any area of your life and to stimulate your body's rest & digest response where you activate your parasympathetic nervous system, increase inhibitory neurotransmitters like GABA, reduce cortisol level in the body (a marker of stress), and increase alpha waves in our brain prompting a state of blissful relaxation.

** Pre-booking needed. Please follow the workshop & events announcements on my website, newsletters and social media accounts.

To hear about **Restorative Yoga Group Sessions, DoTerra Essential Oil Events** and **more**, please subscribe on www.yogacrow.uk

Please get in touch for **private 1:2:1 & private group sessions**.

PLEASE FEEL FREE TO SHARE THIS TIME TABLE WITH YOUR FAMILY, FRIENDS, NEIGHBOURS AND COLLEAGUES.

Web: www.yogacrow.uk **Phone:** (+44) 7982 944217 **Email:** yogacrow.uk@gmail.com

ADDRESSES

Loughton : Loughton Methodist Church, 260 High Rd, Loughton IG10 1RB (Studio or Rank Room - Please check with me when not sure)

Epping : The Epping Golf Course, Fluxs Lane, Epping, Essex, CM16 7NJ

Zinc - Ongar : Zinc Arts, Great Stony, High Street Ongar CM5 0AD

Breathe well, flow well, connect well!

With Peace, Love & Joy!

Aslihan, the Crow =)