

Welcome to our Late Spring 2012 newsletter

Summer will be here before you know, honest! So maybe you've started thinking about booking a holiday... Look no further! Along with our Viniyoga colleagues we run Living Yoga Holidays, a bespoke yoga holiday business specialising in extra special yoga holidays. We've been running yoga holidays for 5 years now and so know a thing or two about what people like and don't! We're running 5 this year... With three (July, August and September) at the wonderful Passeroses (voted one of the best yoga retreats in the world by the Guardian, January 2012!) in South West France, one (June) in Sicily with the Sicilian Experience and one in magical Marrakesh in October; there's bound to be a week that fits in with your schedule. Our holidays are booking up fast so don't delay in letting us know which holiday you'd like to come on. For more info check out our yoga holiday website

<http://www.livingyogaholidays.com>

We have 2 new yoga classes starting at the Studio....

MONDAY MORNING YOGA CLASSES WITH LINDA SHARP

Mondays 10-11.15am

We're really excited to have Linda join us at Cheltenham Yoga Studio! Linda has been practicing yoga for many years now and is a professionally trained dancer, having danced all over the world. Her mixed ability yoga class will be open to everyone, all ages and levels of flexibility. As with all our yoga classes advance booking is essential. Please contact Linda directly to book your place.

Call her on 07776 234587 or email her at linda@asharp.me.uk.

YOGA FOR PREGNANCY WITH ANN CARROLL OF MAMA FLOW YOGA AND MASSAGE

Wednesdays 12 – 1.15pm.

These classes will involve simple yoga postures suitable for complete beginners, breathing and massage to help you stay connected throughout your pregnancy.

Cost: £50 (6 classes over 6 weeks).

Please contact Ann directly to book your place and for further information.

Call her on 07973 892404 or email her at yogaworkz999@me.com

Our second venue, Cheltenham Yoga Studio, is in a great location, just off the High St, perfect if you work in the area and are looking for a lunchtime or evening class. It's in the Church Mews, Church St, which is just off the High St, not far from Tesco's. This is where we run all our Friday evening classes and weekend workshops and Thai yoga massage training courses and introduction days. We also have guest teachers. For our workshops and other classes please take a look at our workshops page.

SATURDAY JUNE 30TH – SUNDAY JULY 1ST

SPORTSFEST

If you're a sportsperson, whether it's playing football once a week or maybe involved in a local works netball team then SportsFest may be just up your street. It's a fantastic weekend full of sport! And great for all the family!

Check out the website for further info on how to book tickets, etc. <http://www.sportsfestivals.co.uk/>

If you do go along don't forget to come and see us at our stall!

Namaste – Chantal and Gareth ☺