

Blackheath Complementary Health Centre Classes Timetable

Monday	Class	Advance Blocks	Drop-in	Teacher	Extra Info
10.30 - 11.30am	Baby Massage classes	48 - 5 classes	n/a	Elaine	
3 - 4pm	Tai Chi	£60 - 6 classes	£14	Ines	
7 - 8.30pm	Hatha Yoga Mixed Ability	£80 - 8 classes	£12	Janice	
Tuesday					
10 - 11.30am	Well Woman Yoga	£75 - 6 classes, £100 - 8	n/a	Bernadette	
12-1pm	More Than Pilates	£72 - 6 classes (adv payment)	£14	Ramona	Max 6 people in class
1-2.15pm	Hatha Yoga Flow	£72 - 6 classes (adv payment)	£14	Ramona	Max 6 people in class
6 - 7pm	Evening Meditation Class	£10	£10	Amelia	Tuesdays
7.30 - 8.45pm	Women's Health Class	£98 - 7 classes (adv payment)	£16	Ramona	2nd & 4th Tues monthly
8 - 9 pm	Flow and Restore Yoga	£40 for a block of 4 classes	£11	Carol Jonas	1st & 3rd Tues monthly
Wednesday					
10.30am - 12pm	Restorative Yin Yoga	6 wk block: £72/£60/£36	£14/£12/£7	Jess	
12.30 - 1.30pm	Midweek Mindfulness	£10 suggested donation	£10 suggested donation	Ramona	
6 - 7pm	More Than Pilates	£72 - 6 classes (adv payment)	£14	Ramona	Max 6 people in class
7.30 - 9pm	Well Woman Yoga	£75 - 6 classes, £100 - 8	n/a	Bernadette	
Thursday					
9.30 - 10.30am	More Than Pilates	£72 - 6 classes (adv payment)	£14	Ramona	Max 6 people in class
10.30 - 11.30am	More Than Pilates	£72 - 6 classes (adv payment)	£14	Ramona	Max 6 people in class
7.30 - 9pm	Restorative Yoga by Candlelight	£16 - booking essential	n/a	Ramona	Monthly
7pm - 9pm	Mapping the Pelvis	£40	£40	Bernadette	Monthly
Friday					
10 - 11am	Morning Meditation Class	£10	£10	Amelia	
6-7pm & 7.30-8.30pm	Gong and Sound Bath Meditation	£15 - booking essential	n/a	Sarah/Isabel	Monthly

Pilates Babies/Ante & Post Natal	Yoga	Bernadette King 07816443319 info@peacefulpractice.co.uk www.peacefulpractice.co.uk	Elaine Bratby 07951271400 sunshinestudios.uk@gmail.com	Ines Alonso Garcia 07507475493 thefigtreeinthedesert@gmail.com	Janice White 07702226735 janice@experienceyoga.co.uk	Judith Quin judith.healinghands@gmail.com	Ramona Peoples 07966741296 info@bodyorchestra.com	Amelia Miraut amelia@theblissfulart.com
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resonanthelingspace@gmail.com