

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	
12-1.15pm	Hatha Yoga	£50 - 6 classes	£10	Poppy	1st Class £5
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	£99 - 6 classes, £132 - 8 classes	n/a	Bernadette	
6.30 - 7.30pm	More Than Pilates	£72 - 6 classes (adv payment)	£14	Ramona	Max 6 people in class
7.30 - 8.45pm	Hatha Yoga Flow with Core Focus	£72 - 6 classes (adv payment)	£14	Ramona	Max 6 people in class
Wednesday					
10am - 12pm	After Birth (5 week course)	£75 for the 5 week course	n/a	Ariel	Starts August
12.30 - 1.30	More Than Pilates	£72 - 6 classes (adv payment)	£14	Ramona	Max 6 people in class
7.30 - 9pm	Well Woman Yoga	£99 - 6 classes, £132 - 8 classes	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 - 9.15pm	Restorative Yoga by Candlelight	£16 - booking essential	n/a	Ramona	Once a month
7pm - 9pm	Empowered Labour Workshop	£40	£40	Bernadette	Every two months
7.30pm - 8.30pm	Crystal Meditation and Support Circle	£48 for 4 sessions	£15	Renata	Fortnightly
Friday					
11.00am - 1.30pm	Mindfulness for Health	£160 for the 8 week course		Tammy Driver	8 week course from 13 Sept
7 - 8.15pm	Sound Circle Meditation	£15	£15	Judith	Monthly

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

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