

SCHEDULE Spring 2010

Monday	Private Life Coaching & Stress Management 5-8 pm	Belsize Health Clinic	Call for information and bookings
Tuesday	Dynamic Yoga 6-7.30pm	London School of Economics, Parish Hall	£7.50/class plus one time £10 membership fee to the Yoga Club
Wednesday	Dynamic Yoga 7-8.15pm	The Fitness Cafe	6-week course starting 7 April (view/download PDF for more info)
Thursday	Ashtanga Yoga (Intro Primary Series) 5.30-7pm Assisting Beginners Ashtanga 2 8-9.30pm	London School of Economics, Badminton Court, Old Building Triyoga	£7.50/class plus one time £10 membership fee to the Yoga Club 8 weeks prepaid course
Friday	Dynamic Yoga 9.45-11.15am	The Special Yoga Centre	£10, conc. £7.50

* Additional Life Coaching/Stress management sessions available on appointment at Belsize Health Clinic and Moving Arts Base.

* For special workshops, courses or private yoga tuition click [here](#)

Venues:

Belsize Health Complementary Medicine Clinic	16 Englands Lane, NW3 4TG (map)
The Fitness Cafe	97 Boundary Road, St John's Wood NW8 0RG (map)
London School of Economics	Parish Hall, Sheffield Street, London WC2A 2AE (map) Badminton Court, Old Building, Houghton Street, London WC2A 2AE (map)
Moving Arts Base	134 Liverpool Road, Islington, N1 1LA (map)
The Special Yoga Centre	2a Wrentham Avenue London, NW10 3HA (map)
Triyoga	6 Erskine Road, Primrose Hill, London NW3 3AJ (map)



IN-Tuition Ltd. * www.intuition-ltd.co.uk * info@intuition-ltd.co.uk

