Weekly Classes – March 2018	Teacher/Practitioner	Contact details	Time	Room
Monday	*Timetable subject to change. Please contact teacher to ensure class is taking place.*			
Chanting	Jane Sochovsky	jsochovsky@gmail.com	10.30am - 11.30am	Chapel
Qigong	Nikki Gresham	nikki@ngtherapy.co.uk	10.30am-11.30am	Meeting Room
Pilates	Jo Ambrose	jopilates2you@outlook.com	1.00pm - 2.00pm	Chapel
Pilates	Jo Ambrose	jopilates2you@outlook.com	6.45pm - 8.00pm	Chapel
Tuesday				
Early Morning Yoga (starts Tues 10th April)	Pauline Johnson – Yoga Equals	yogaequals@gmail.com	7.30am-8.30am	Chapel
Yoga	Nicky Reed	nicky@firgrove-reed.co.uk	10.00am - 11.30am	Chapel
Relaxation and Wellbeing Class	Rachel Upton	angels.keep@yahoo.co.uk	1.30pm-2.30pm	Chapel
Mindfulness	Sandrine Cranswick	sb.cranswick@gmail.com	7.00pm - 9.00pm	Chapel
Gentle Chair Yoga (starts Tues 10th April)	Pauline Johnson – Yoga Equals	yogaequals@gmail.com	4pm-5pm	Chapel
Wednesday				
Hatha Yoga - Beginners/intermediates	Pauline Johnson - Yoga Equals	yogaequals@gmail.com	10.00am -11.30am	Chapel
Tai Chi	Sam Moor	info@sussextaichi.co.uk	10.00am - 11.00am	Meeting Room
Drop-In Meditation	Sandrine Cranswick	sb.cranswick@gmail.com	6.00pm - 7.00pm	Chapel
Hatha Yoga – Beginners/intermediates	Pauline Johnson - Yoga Equals	yogaequals@gmail.com	7.30pm - 9.00pm	Chapel
Thursday				
Qigong	Richard Green	richard@qigongwestsussex.co.uk	7.30pm - 8.30pm	Chapel
Friday				
Yin Yoga	Sophie White	agapesophia@outlook.com	6.00pm-7.00pm	Chapel
Saturday				
Early Bird Yoga	Pauline Johnson - Yoga Equals	yogaequals@gmail.com	9.00am -10.30am	Chapel

COWDRAY
HALL

The Hall hosts inspirational workshops and events focusing on all areas of self-development.

Please see our website for further details about all classes and events.

cowdray.co.uk/wellbeing

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