Weekly Classes – May 2019	Teacher/Practitioner	Contact details	Time	Room
Monday				
Power Yoga	Olivia Luckas	liv@livsyoga.co.uk	9.00am - 10.00am	Meeting Room
Chanting	Caroline Harper	ambersham@hotmail.co.uk	10.30am - 11.30am	Chapel
Yoga	Deborah Albon	deborah.albon@gmail.com	11.00am – 12.15pm	Meeting Room
Pilates	Jo Ambrose	Pilateswithjoanne@gmail.com	1.00pm - 2.00pm	Meeting Room
Pilates	Jo Ambrose	Pilateswithjoanne@gmail.com	6.45pm – 7.45pm	Chapel
Tuesday				
Early Bird Yoga	Pauline Johnson – Yoga Equals	yogaequals@gmail.com	7.30am – 8.30am	Chapel
Yoga	Sacha Kent	sachakent@btinternet.com	9.30am - 10.45am	Meeting Room
Yoga	Nicky Reed	nicky@firgrove-reed.co.uk	10.00am - 11.30am	Chapel
Mindfulness	Sandrine Cranswick	sb.cranswick@gmail.com	7.00pm - 9.00pm	Chapel
Iyengar Yoga	Claire Best	clairenbest@hotmail.com	7.00pm – 8.30pm	Meeting Room
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				
Slow Vinyasa Flow	Hannah Roberts	hmrroberts@hotmail.com	9.15am - 10.30am	Chapel
Qigong	Richard Green	richard@qigongwestsussex.co.uk	7.30pm - 8.30pm	Chapel
Friday				
Yoga	Sacha Kent	sachakent@btinternet.com	9.15am – 10.30am	Meeting Room
Yoga	Claire Best	clairenbest@hotmail.com	9.15am – 10.45am	Chapel
Pilates (Coming soon)	Charlotte Honour	definedpilatesandwellness@outlook.com	11.00am – 12.00pm	Chapel
Yoga	Deborah Albon	Deborah.albon@gmail.com	11.00am – 12.30pm	Meeting Room
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

Or contact the office
01730 812423
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Timetable is subject to change. Please contact the teacher to ensure the class is taking place.