

Weekly Classes – January 2020	Teacher/Practitioner	Contact details	Time	Room
<b>Monday</b>				
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	Meeting Room
Yoga	Kate Harvey	kateharvey333@gmail.com	6.45pm-7.45pm	Chapel
<b>Tuesday</b>				
Early Bird Yoga	Pauline Johnson – Yoga Equals	yogaequals@gmail.com	7.30am-8.30am	Chapel
Scaravelli- Inspired Yoga – All Levels	Louisa Williams (Burtwell)	louisa@orendawellbeing.co.uk	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
<b>Wednesday</b>				
Hatha Yoga - Beginners/intermediates	Pauline Johnson - Yoga Equals	yogaequals@gmail.com	10.00am-11.30am	Chapel
Scaravelli- Inspired Yoga – All Levels	Louisa Williams (Burtwell)	louisa@orendawellbeing.co.uk	9.30am-11.00am	Meeting Room
Tai Chi – from Weds 15 <sup>th</sup> January	Sam Moor	waterdragontaichi@yahoo.co.uk	11.30am -12.30pm	Main Hall
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
<b>Thursday</b>				
Slow Vinyasa Flow	Hannah Roberts	hmroberts@hotmail.com	9.15am-10.15am	Chapel
Scaravelli- Inspired Yoga – Intermediate	Louisa Williams (Burtwell)	louisa@orendawellbeing.co.uk	9.30am-10.45am	Meeting Room
Pilates	Rachel de Blaby	rdeblaby@btconnect.com	10.30am -11.30am	Chapel
Qigong	Richard Green	richard@qigongwestsussex.co.uk	7.30pm-8.30pm	Chapel
<b>Friday</b>				
Yoga	Sacha Kent	sachakent@btinternet.com	9.15am-10.30am	Meeting Room
Yoga	Claire Best	clairenbest@hotmail.com	9.15am-10.45am	Chapel
Yoga	Deborah Albon	Deborah.albon@gmail.com	11.00am-12.30pm	Meeting Room
<b>Saturday</b>				
Early Bird Yoga	Pauline Johnson – Yoga Equals	yogaequals@gmail.com	9.00am-10.30am	Chapel



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](http://cowdray.co.uk/wellbeing)

Or contact the office  
01730 812423  
Follow us on Facebook & Twitter @cowdrayhall

*Timetable is subject to change. Please contact the teacher to ensure the class is taking place.*