



Weekly Classes

	Class	Instructor	Time	Book
Monday	Pilates	Jo Ambrose	11am - 12pm	pilateswithjoanne@gmail.com
	Qigong	Sam Moor	10am – 11am	info@sussextaichi.co.uk
Tuesday	Tai Chi	Sam Moor	10am - 11am	info@sussextaichi.co.uk
	Iyengar Beginner Yoga	Claire Best	6.30pm – 8pm	clairenbest@hotmail.com
	Yoga with Awareness	Pauline Johnson	7pm - 8.30pm	yogaequals@gmail.com
Wednesday	Vanda Scaravelli Yoga	Pauline Johnson	9.30am - 11am	yogaequals@gmail.com
	Pilates	Rachel de Blaby	11.30am - 12.30pm	rdeblaby@gmail.com
	Pilates	Jo Ambrose	11am - 12pm	pilateswithjoanne@gmail.com
	Drop-in Meditation	Sandrine Cranswick	6pm - 7pm	sb.cranwick@gmail.com
	Gentle Yoga	Claire Best	6pm – 7pm	clairenbest@hotmail.com
	Yoga Nidra & Gentle Movement	Louisa Williams	7.30pm - 8.45pm	louburtwell@me.com
Thursday	Slow Vinyasa Yoga	Hannah Roberts	9.15am - 10.30am	hmrroberts@hotmail.com
	Scaravelli Inspired Yoga	Louisa Williams	11am - 12.15pm	louburtwell@me.com
Friday	Level Two Mindful Flow Yoga	Sacha Kent	9.30am - 10.30am	sachakent@btinternet.com
	Iyengar Yoga - Intermediate	Claire Best	10.30am - 12pm	clairenbest@hotmail.com
	Level One Mindful Yoga	Sacha Kent	11am – 12pm	sachakent@btinternet.com

These classes require booking in advance therefore please make contact with the instructor prior to attending a class. Please note that this timetable is subject to change. Please see our website for further details about all classes and events - cowdray.co.uk/wellbeing