



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.

	CLASS	INSTRUCTOR	TIME	BOOKING CONTACT
Monday	Qigong	Sam Moor	10am – 11am	info@sussextaichi.co.uk
Tuesday	Yoga	Nicky Reed	10am – 11am	nicky@firgrove-reed.co.uk
	Tai Chi	Sam Moor	10am – 11am	info@sussextaichi.co.uk
	Growing Your Life Foundation Course	Richard Frost	1pm – 2.30pm	richardfrost@twenty2beyond.com
	Yoga with Awareness	Pauline Johnson	7pm – 8.30pm	yogaequals@gmail.com
Wednesday	Yoga with Awareness	Pauline Johnson	9.30am – 11am	yogaequals@gmail.com
	Pilates	Rachel de Blaby	11.30am – 12.30pm	rdeblaby@gmail.com
	Iyengar Yoga - Beginners	Claire Best	6:30pm – 7.45pm	clairenbest@hotmail.com
Thursday	Vinyasa Yoga	Hannah Roberts	9.15am – 10.30am	hmrroberts@hotmail.com
	Pilates	Charlotte Wise	12.30pm – 1.30pm	hello@charlottewisewellbeing.com
	Yin Yoga	Charlotte Wise	1.30pm – 2.30pm	hello@charlottewisewellbeing.com
	Breathe Well - Breathwork Class*	Vitae Vi	6.15pm – 7.15pm	hello@vitaevi.co.uk
Friday	Pilates	Rachel de Blaby	9.30am – 10.30am	rdeblaby@gmail.com
	Pilates	Rachel de Blaby	11am – 12pm	rdeblaby@gmail.com
	Iyengar Yoga – Intermediate	Claire Best	9.30am – 11am	clairenbest@hotmail.com
	Gentle Yoga	Claire Best	11.30am – 12.30pm	clairenbest@hotmail.com
*Bi-Weekly Class				

Please see our website for further details about all classes and events - cowdray.co.uk/wellbeing
Cowdray Estate Office, Cowdray Park, Midhurst, West Sussex, GU29 0AQ
01730 812423 www.cowdray.co.uk