

# Unit 4 Yoga and Natural Health Centre

## STUDIO CLASSES – AUGUST 2021

- \* *All classes are pre-book only* for the time being, as we need to limit numbers to ensure social distancing.
- \* Please contact the teacher directly for details and to book your place.
- \* Also contact your teacher for possible online options (this timetable shows only in-person classes held at Unit 4).

*As usual, we have a reduced timetable for the month of August: please see below for the dates when each class is running.  
Unit 4 will be closed for maintenance from 23 to 31 August.*

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p><b>Qigong with Matt Woods</b> 9:45 – 11:00 <b>Studio 1</b> All levels 2<sup>nd</sup> &amp; 9<sup>th</sup> <a href="mailto:mattwoods2005@yahoo.co.uk">mattwoods2005@yahoo.co.uk</a></p>				<p><b>Yoga with Morgan Marshall</b> 9:00-10:30 <b>Studio 1</b> Intermediate 6<sup>th</sup>, 13<sup>th</sup> &amp; 20<sup>th</sup> <b>FULLY BOOKED</b> <a href="mailto:adogaday.yoga@gmail.com">adogaday.yoga@gmail.com</a></p>
				<p><b>Yoga with Morgan Marshall</b> 11:00-12:30 <b>Studio 1</b> All levels 6<sup>th</sup>, 13<sup>th</sup> &amp; 20<sup>th</sup> <b>FULLY BOOKED</b> <a href="mailto:adogaday.yoga@gmail.com">adogaday.yoga@gmail.com</a></p>
<p><b>Yoga with Gary Carter</b> 19:30-21:30 <b>Studio 1</b> 2<sup>nd</sup>, 9<sup>th</sup> &amp; 16<sup>th</sup> <a href="mailto:info@naturalbodies.co.uk">info@naturalbodies.co.uk</a></p>	<p><b>Yoga with Michelle Cobbin</b> 17:45 – 19:15 <b>Studio 1</b> 3<sup>rd</sup>, 10<sup>th</sup> &amp; 17<sup>th</sup> <a href="mailto:michellecobbin@gmail.com">michellecobbin@gmail.com</a></p>	<p><b>Yoga with Morgan Marshall</b> 18:00-19:30 <b>Studio 1</b> All levels 4<sup>th</sup>, 11<sup>th</sup> &amp; 18<sup>th</sup> <b>FULLY BOOKED</b> <a href="mailto:adogaday.yoga@gmail.com">adogaday.yoga@gmail.com</a></p>	<p><b>Yoga with Kay Sharp</b> 18:00-19:30 <b>Studio 1</b> All levels 5<sup>th</sup>, 12<sup>th</sup> &amp; 19<sup>th</sup> <a href="mailto:kay.yoga@btinternet.com">kay.yoga@btinternet.com</a></p>	