



Timetable 2014

Day	Time	Venue	Class	Teacher	Level	Booking details
Monday	10.00 - 11.30	The Yoga Shed. Akeley	Hatha Yoga	Tracy Gaillie	All	www.theyogashed.co.uk mob: 07789 260068
	19.15 - 20.30	Redfield Centre. Winslow	Yin Yang Yoga	Mona Baur	L1&2	www.redfieldyoga.co.uk mob: 07974 174272 Limited drop in, booking essential
Tuesday	10.00 - 11.30	The Yoga Shed. Akeley	Hatha Yoga	Tracy Gaillie	L2	www.theyogashed.co.uk mob: 07789 260068
	19.30 - 21.00	Community Centre. Buckingham	Hatha Yoga	Tracy Gaillie	L2	www.theyogashed.co.uk , drop in or enrolment
	19.30 - 21.00	Community Centre. Buckingham	Hatha Yoga	Rosita Hills	All	hills@northbucks.vnworks.net tel: 01280 847050
Wednesday	09.30 - 10.30	The Yoga Shed. Akeley	Qi Gong	Rosita Hills	B / All	hills@northbucks.vnworks.net tel: 01280 847050
	17.45 - 19.15	The Yoga Shed. Akeley	General Class	Tracy Gaillie	B	www.theyogashed.co.uk mob: 07789 260068
	19.45 - 21.00	The Yoga Shed. Akeley	Gentle Class	Tracy Gaillie	All	www.theyogashed.co.uk mob: 07789 260068
Thursday	10.00 - 11.30	Redfield Centre. Winslow	Hatha Yoga	Mona Baur	All	www.redfieldyoga.co.uk mob: 07974 174272
	10.00 - 11.30	The Yoga Shed. Akeley	Gentle Yoga	Tracy Gaillie	All	www.theyogashed.co.uk mob: 07789 260068
	12.15 - 01.30	The Yoga Shed. Akeley	Therapeutic Class	Tracy Gaillie	All	www.theyogashed.co.uk mob: 07789 260068
	06.00 - 06.45	The Yoga Shed. Akeley	Meditation	Tracy Gaillie	All	Monthly drop in meditation sessions, mob: 07789 260068
Friday	09.30 - 10.30	Buckingham University	Hatha Yoga	Rosita Hills	All	hills@northbucks.vnworks.net tel: 01280 847050 Drop in or enrolment

Classes

The following codes indicate the levels of proficiency the classes are pitched at:

B – Beginners, no prior knowledge or experience

L1 – For people with some experience

L2 – For experienced people

All levels – Mixed ability classes, with parts that will be suitable for beginners but others that they may have to sit out

Pricing

Pricing is at the discretion of the teachers but classes generally cost £6.00-£10.00, depending on the length of the class and if booked as a course or drop in.

Ask teachers for details on pricing. Class fees are payable to the teachers taking the classes, cash or cheque. Please note that drop in is only available in specific classes.

Contact & Booking

For all class and booking inquiries please contact the teacher directly, see booking details above.

All classes need to be booked in advance either as a course or if drop in is available, you must contact the teacher in advance to make sure that there is a space.

Akeley - The Yoga Shed

A fully equipped garden studio in a most tranquil setting, under floor heating and small classes (max 8 people). A perfect setting for yoga practice.

Buckingham Community Centre

A large, popular space in the heart of Buckingham Town Centre with a large and smaller yoga space.

Winslow - The Redfield Centre

A beautiful eco barn conversion in the Old Stable Block at the Redfield Centre, set within the grounds of Redfield Community. (max 16 people)

Preston Bisset – The Cedar Room

A calming and relaxing therapy space for Reflexology, nestled in the countryside.