



# Buckingham Yoga Timetable 2015

Day	Time	Teacher	Class	Level	Venue	Booking details
<b>Monday</b>	10.00 - 11.30	Tracy Gaillie	Hatha Yoga	All	The Yoga Shed. <b>Akeley</b>	<a href="http://www.theyogashed.co.uk">www.theyogashed.co.uk</a> mob: 07789 260068
	19.15 - 20.30	Mona Baur	Yin Yang Yoga	L1&2	Redfield Centre. <b>Winslow</b>	<a href="http://www.redfielddyoga.co.uk">www.redfielddyoga.co.uk</a> mob: 07974 174272 Limited drop in, booking essential
<b>Tuesday</b>	10.00 - 11.30	Tracy Gaillie	Hatha Yoga	L2	The Yoga Shed. <b>Akeley</b>	<a href="http://www.theyogashed.co.uk">www.theyogashed.co.uk</a> mob: 07789 260068
	18.30 – 19.45	Mona Baur	Pregnancy Yoga	All	Redfield Centre. <b>Winslow</b>	<a href="http://www.redfielddyoga.co.uk">www.redfielddyoga.co.uk</a> mob: 07974 174272
	19.45 – 21.00	Mona Baur	Yoga for Backs	All	Redfield Centre. <b>Winslow</b>	<a href="http://www.redfielddyoga.co.uk">www.redfielddyoga.co.uk</a> mob: 07974 174272
	19.30 - 21.00	Tracy Gaillie	Hatha Yoga	L2	Community Centre. <b>Buckingham</b>	<a href="http://www.theyogashed.co.uk">www.theyogashed.co.uk</a> , drop in or enrolment
	19.30 - 21.00	Rosita Hills	Hatha Yoga	All	Community Centre. <b>Buckingham</b>	<a href="mailto:hills@northbucks.vnworks.net">hills@northbucks.vnworks.net</a> tel: 01280 847050
<b>Wednesday</b>	09.30 - 10.30	Rosita Hills	Qi Gong	B / All	The Yoga Shed. <b>Akeley</b>	<a href="mailto:hills@northbucks.vnworks.net">hills@northbucks.vnworks.net</a> tel: 01280 847050
	17.45 - 19.15	Tracy Gaillie	General Class	B	The Yoga Shed. <b>Akeley</b>	<a href="http://www.theyogashed.co.uk">www.theyogashed.co.uk</a> mob: 07789 260068
	19.45 - 21.00	Tracy Gaillie	Gentle Class	All	The Yoga Shed. <b>Akeley</b>	<a href="http://www.theyogashed.co.uk">www.theyogashed.co.uk</a> mob: 07789 260068
<b>Thursday</b>	10.00 - 11.30	Mona Baur	Hatha Yoga	All	Redfield Centre. <b>Winslow</b>	<a href="http://www.redfielddyoga.co.uk">www.redfielddyoga.co.uk</a> mob: 07974 174272
	10.00 - 11.30	Tracy Gaillie	Gentle Yoga	All	The Yoga Shed. <b>Akeley</b>	<a href="http://www.theyogashed.co.uk">www.theyogashed.co.uk</a> mob: 07789 260068
	12.15 - 01.30	Tracy Gaillie	Therapeutic Class	All	The Yoga Shed. <b>Akeley</b>	<a href="http://www.theyogashed.co.uk">www.theyogashed.co.uk</a> mob: 07789 260068
	06.00 - 06.45	Tracy Gaillie	Meditation	All	The Yoga Shed. <b>Akeley</b>	Monthly drop in meditation sessions, mob: 07789 260068
<b>Friday</b>	09.30 - 10.30	Rosita Hills	Hatha Yoga	All	Buckingham University	<a href="mailto:hills@northbucks.vnworks.net">hills@northbucks.vnworks.net</a> tel: 01280 847050 Drop in or enrolment

Classes	Pricing	Contact & Booking
<p>The following codes indicate the levels of proficiency the classes are pitched at:</p> <p>B – Beginners, no prior knowledge or experience</p> <p>L1 – For people with some experience</p> <p>L2 – For experienced people</p> <p>All levels – Mixed ability classes, with parts that will be suitable for beginners but others that they may have to sit out</p>	<p>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.</p> <p>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.</p>	<p>For all class and booking inquiries please contact the teacher directly, see booking details above.</p> <p>All classes need to be booked in advance either as a course or if drop is available, you must contact the teacher in advance to make sure that there is a space.</p>

## 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 country side.