



Timetable

Below is the latest timetable and venues. Classes can be booked in blocks of 2 weeks, 3 weeks, 4 weeks, 6 weeks, 12 weeks or you can pay as you go. All classes must be booked in advance of arrival.

Yoga, Pranayama and Relaxation Class

Venue

Aston Medical Centre (top floor), Worksop Road, Swallownest, Sheffield S26 4WD

Class Time

Monday 7.00pm - 8.15pm

January - December 2018

Pay as you go

£8 per class

Special Alternatives

One to One Yoga and Relaxation Prescriptive Sessions...

[Click for more information](#)

Yoga Holidays Abroad...

[Click for more information](#)

Yoga Spa Days throughout the Year...

[Click for more information](#)