



Yoga

Activity	When	Where	Cost	Contact
<p>Ashtanga Yoga A specific sequence of postures with a strong emphasis on syncing breath with movement, designed to build strength & flexibility. Age 16+</p>	Thursday 18.15 – 19.15	Bleadon Coronation Hall, 5 Coronation Road, Bleadon BS24 0PG	£7.50 drop in session or £30.00 for 5 class pass	Sayeeda Alam 07725 901 810 info@sadayoga.co.uk www.sadayoga.co.uk
<p>Beginners, improvers and disabled students (16+)</p>	Friday 10.00 – 11.15	Kingsley Hall, 134 Old Street, Clevedon BS21 6BJ		Suzi Griffin 07776 321 989 suzijoygriffin@gmail.com www.yogafriendly.co.uk
<p>Do Yoga Discover a fun and friendly way of accessing the transformational qualities of Yoga. The powerful alignment principles protect your body from injury, and the heart-warming philosophy frees the mind. All Do Yoga classes have spaces for new starters, beginners are always welcome. Age 12+</p>	<p>Monday 18.00 – 19.15 St Joseph's RC Church Hall, Camp Road, W-s-M BS23 2EN</p> <p>Monday 19.00 – 20.15. Wednesday 18.00 – 19.15 & 19.45 – 21.00. Friday 19.30 – 20.30 St Anne's Primary School, Scot Elm Drive, West Wick, W-s-M BS24 7JU</p> <p>Tuesday 11.15 – 12.15. Thursday 10.00 – 11.00. Saturday 10.00 – 11.00 The Blakehay Theatre, 11 Wadham Street, W-s-M BS23 1JZ</p> <p>Tuesday 18.00 – 19.15 Corpus Christi RC Church Hall, (to the left of the church), 14 Ellenborough Park South, W-s-M BS23 1XW</p> <p>Friday 10.00 – 11.00 Our Lady of Lourdes RC Church Hall, 28 Bay Tree</p>	<p>£8.00 drop in, £5.00 Concessions or £27.00 per month, unlimited classes</p>	<p>Emma Gliddon 07884 434 710 info@doyoga.co.uk www.doyoga.co.uk</p>	



	Road, Milton, W-s-M BS22 8HQ			
<p>Hatha Yoga This class is open to all levels from beginner to Intermediate. Please bring your own yoga mat along with you. Age 18+</p>	Monday 20.30 – 21.30	Old School Rooms, Congresbury BS49 5DY	£7.00 per session	Georgie Garcia 07530 839 827 Gnationdanceco@outlook.com
<p>Hatha Yoga Focusing on breath awareness and body alignment, classes are designed with holistic approach for transformation & relaxation. Beginners welcome. Age 16+, 13+ 16 if accompanied by an adult.</p>	Monday 19.00 – 20.00 Worle Community Centre, Lawrence Road, Worle, W-s-M BS22 6TU Wednesday 18.30 – 19.30 Hans Price Sports Centre, Marchfields Way, W-s-M BS23 3QP		£7.50 drop in or £30.00 for 5 card pass	Sayeeda Alam 07725 901 810 info@sadayoga.co.uk www.sadayoga.co.uk
<p>Seated Yoga, Breathe, Stretch & Flex Gently combines breathing & relaxation movements to balance the mind and improve flexibility. Can aid posture and is said to help lower blood pressure. All welcome.</p>	Monday 9.45 – 10.45	St George's Church Hall, Priory Road, Easton in Gordano BS20 0PA	£4.50	
<p>Yin Yoga A restful and restorative and practiced seated and lying down, great for releasing stress. Ages 18 – 60</p>	Tuesday 19.45 – 20.45 Wednesday 9.30 – 10.30	Nailsea United Reformed Church, Stockway North, Nailsea BS48 1AQ	£8.00 drop in or £35.00 for 5 classes or £65.00 for 10 classes	Lisa Hampstead 07900 113 710 enquiries@soulfitnessyoga.co.uk www.soulfitnessyoga.co.uk



<p>Yoga Gentle exercise to enhance the union of mind and body for better health. 14+</p>	<p>Monday 18.30 – 19.30</p>	<p>Backwell Leisure Centre</p>	<p>£5.40</p>	<p>01275 463 726 backwell@legacyleisure.org.uk www.leisurecentre.com/backwell-leisure-centre</p>
<p>Yoga (16+)</p>	<p>Tuesday 13.45 – 15.00 North Weston Village Hall, 28 Clevedon Road, Portishead BS20 6TB</p> <p>Wednesday 19.00 – 20.15 Redcliffe Bay Hall, Newhaven Road, Portishead BS20 8LH</p>			<p>Suzi Griffin 07776 321 989 suzijoygriffin@gmail.com www.yogafriendly.co.uk</p>
<p>Yoga (50+)</p>	<p>Tuesday 9.45 – 11.00 & Thursday 10.00 – 11.15</p>	<p>Jubilee Hall, 49 Slade Road, Portishead BS20 6BE</p>		<p>Suzi Griffin 07776 321 989 suzijoygriffin@gmail.com www.yogafriendly.co.uk</p>
<p>Yoga Yoga helps to increase strength, improve flexibility & promotes relaxation. Suitable for beginners and improvers. Mats are provided. Age 16+ unless accompanied by an adult</p>	<p>Monday 9.30 – 10.40 Bleadon Coronation Hall, 3 Coronation Road, Bleadon BS24 0PG</p> <p>Thursday 18.30 – 19.40 Hutton Village Hall, Main Road, Hutton BS24 9SR</p>		<p>£8.00 drop in or £40.00 block of 6 sessions</p>	<p>Cheri 07717 290 708 Info@uniquebalance.co.uk www.uniquebalance.co.uk</p>



<p>Yoga and Meditation Regular beginners' yoga class. An excellent opportunity to trial yoga and then decide. Mats available if needed. One-off workshops upcoming. Age 16+</p>	<p>Thursday 19.00 – 20.00</p>	<p>Kenn Village Hall, Kenn Street, Kenn BS21 6TL</p>	<p>£5.00</p>	<p>Wendy Doig 07565 161 036 wendy.doig@sky.com Purple Turtle Yoga – Facebook</p>
<p>Yoga Yoga classes in North Somerset and Bristol. I have been teaching for more than 16 years and practising for 24 years. Age 18+</p>	<p>Tuesday 9.30 – 10.30 Yeofit Studio, Yeo Valley HQ canteen, Rhodyate, Blagdon BS40 7YE</p> <p>Wednesday 9.45 – 11.00 Winford Village Hall, Felton Lane, Winford BS40 8AD</p> <p>Friday 10.00 – 11.15 Long Ashton Community Centre, Keedwell Hill, Long Ashton BS41 9DR</p>	<p>£9.00 drop in or block termly £7.00 per class</p>	<p>Gary Osborn-Clarke 07899 034 645 gary@yogabristol.co.uk www.yogabristol.co.uk</p>	
<p>Yoga You are never too old or disabled to improve your flexibility, strength and balance in a friendly group. Age 18+</p>	<p>Thursday 10.30 – 12.15</p>	<p>Wrighton Memorial Hall, Silver Street, Wrighton BS40 5QL</p>	<p>£9.00 per session</p>	<p>Mo Hutchison 01934 862 985 Greentara2006@gmail.com</p>
<p>Yoga – Nailsea Gentle exercise to enhance the union of the mind and body. 14 years+</p>	<p>Tuesday 11:45-12:45 Thursday 11:45-12:45</p>	<p>Scotch Horn Leisure Centre, Brockway, Nailsea, BS48 1BZ</p>	<p>£5.40</p>	<p>01275 856965 scotchhorn@legacyleisure.org.uk https://www.leisurecentre.com/scotch-horn-leisure-centre</p>



Yoga – The Campus	Monday 6-7pm, 7-8pm, 8-9.15pm; Tuesday 6.30-7.30pm; Wednesday 6-7pm; Sunday 10-11am	The Campus, Highlands Lane, Weston-super-Mare, BS24 7DX	The Campus 01934 427 427 campus@n-somerset.gov.uk www.the-campus.org.uk
	Thursday 6-7pm	Castle Batch Community Centre	