

Day	Time	Yoga Type	Level	Location	Cost
Tuesday	6pm – 7:30pm	Hatha Yoga Flow	Intermediate & Advance	Southampton University, University Rd, Level 3, Building 32, Room 3077 (Glass bldg. diagonally opposite The Stile pub) , SO17 1BJ	Pay as You Go YogaSoc member: £5, Others: £8
Tuesday	7:35pm -9pm	Yin Yoga (Gentle Release & Relax)	Mixed Abilities	Southampton University, University Rd, Level 3, Building 32, Room 3077 (Glass bldg. diagonally opposite The Stile pub), SO17 1BJ	Pay as You Go YogaSoc member: £5, Others: £8
Wednesday	12noon – 1pm	Core Yoga	Beginners & Intermediate	Chilworth Village Hall, Chilworth Road, Southampton, SO16 7LD	Pay as you go = £8 x10 Block £68 (for use in Portswood as well)
Wednesday	7pm - 8:30pm	Gentle Yoga	Beginners & Intermediate	Above Library, Warren School, Warren Crescent, Shirley, SO16 6AY	Pay as you go = £6
Thursday	1pm – 2:30pm	Gentle Yoga	Beginners & Intermediate	Above Library, Warren School, Warren Crescent, Shirley, SO16 6AY	Pay as you go = £6
Thursday	6:10pm -7:30pm	Hatha Yoga	Mixed abilities	Portswood Residents Gardens, Abbots Way, Southampton SO17 1QT (Next to 16B House, pass white pillars and down gravel path to wooden gates, sign will say 'Private Residents', go in see 16B, bend right down path to Pavilion Hall, with tennis courts on left)	x10 Block = £68 (for use in Chilworth as well) Pay as you go = £8 Unwaged: £6

Private Yoga & Treatment Times:

Monday: 8:30am-6pm
 Tuesday: 8:30am-4pm
 Wednesday: 8:30am-6pm
 Thursday: 8:30am-4pm
 Friday: 8:30am-4pm
 Saturday: 8:30am–4pm

* In the comfort of your own home

* Wai is currently covering Southampton & Winchester

Available:

-Private 1-to-1's
 -Yoga classes
 -Courses
 -Workshops
 -Day Retreats & longer
 -Small group tuition

-Reflexology treatments
 -Hopi Ear Candling

BOOKING ESSENTIAL

Please Note:

- Block booking is available online sometimes, please check online for offers.
- x10 block pass must be used within 10 weeks: 10 week block can be used at other venues stated (subject to space & adding cost difference)
- Cash preferred for classes (credit card is available from Mid May 2015 with 3% extra fee)