

BAMFORD HAYBARN BROMPTON CROSS AUTUMN/WINTER SCHEDULE 2018/19

60-minute classes £30 / 75-minute classes £40 / 90-minute classes £50 / Adult and child yoga £25 per adult, £10 per child / All classes: book six and pay for five

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--|---|--|---|
| Private sessions available on request | Private sessions available on request | Private sessions available on request | Private sessions available on request | Private sessions available on request | Private sessions available on request | Private sessions available on request |
| 7.15 – 8.15 Sunrise Slow Flow Lis Cancio | 7.15 – 8.15 Slow Flow Alida O’Conner | 7.15 – 8.15 Vinyasa Flow Mira Khreino | 7.15 – 8.15 Sunrise Slow Flow Lis Cancio | 7.15 – 8.15 Hatha Yoga Davina Wellesley | 9.00 – 10.15 Traditional Hatha Ravi Dixit | 10.00 – 11.15 Meditative Flow Emily Reed |
| 10.00 – 11.15 Slow Flow Emily Roberti | 10.00 – 11.15 The Soul Sessions Ava Riby-Williams | 10.00 – 11.15 Hatha Yoga Michael Saunders | 9.30 – 11.00 Open Yoga Erika Tourell | 9.30 – 10.45 Yin Yoga and Meditation Davina Wellesley | 10.30 – 11.30 Vinyasa Flow Mira Khreino | 12.00 – 13.15 Mindful Yoga Cristiana Marsella |
| 14.00 – 15.30 Yoga and Meditation Davina Wellesley | 13.00 – 14.00 Traditional Hatha Ravi Dixit | 13.30 – 14.45 Slow Flow Golnaz Maleki | 14.00 – 15.30 Yin Yoga and Meditation Emily Roberti | 11.00 – 12.15 Vinyasa Yoga Tanja Mickwitz | 12.00 – 17.00 Workshops and Events *please see our team for latest workshops | 14.00 – 15.15 Hatha Yoga Tracy Bickley |
| 18.30 – 19.45 Mindful Yoga Catherine Annis | 18.30 – 19.45 Kundalini Yoga and Gong Bath Kathryn McCusker | 18.30 – 19.45 Yang and Yin Yoga Lis Cancio | 18.00 – 19.00 Meditation and Sound Bath Lucy Keaveny | 18.30 – 19.45 Meditative Flow Emily Reed | | |

*Please turn over for further information about our classes. If you have any questions or wish to make a booking, please visit our website: bamford.com, or call us: 020 7259 4980.

*Our classes have been created by individual teachers to work with their particular skill set, so they will vary according to the teacher’s style. There may be rare occasions when a class time changes or is cancelled for a short time due to the teacher being away or unavailable but we will always do our best to cover these classes and the teacher or class change will be clearly shown.

*Class levels are advisory. Please talk to our staff or your teacher if you wish to join a class and have any concerns about your ability.

*Not all of our classes are suitable for pregnant women; therefore please see the team for confirmation. We advise that if you are between 12 and 36 weeks pregnant you have a private one-to-one session as opposed to joining a class.

CLASSES

Sunrise slow flow

This class will aim to prime you for your day, activating your energy, clarity and focus. A slow flow class develops both strength and mobility with graceful transitions and conscious breath work. Good for beginners and intermediate-level practitioners seeking a rejuvenating start to the day.

Hatha

A slow-flowing practice of asanas that develops flexibility, strength and vitality. Controlled breathing helps to eliminate toxins and purify the body while savasana (relaxation) quiets the mind and brings the body to its own natural state of balance and peace. Suitable for all levels.

Open yoga

This class draws on the whole spectrum of yoga practice and its philosophy to help reduce anxiety, stress and tension and to inspire you to cultivate greater self-awareness, compassion, freedom, health and happiness. Suitable for all levels

Mindful yoga

A class focusing on deepening physical awareness and alignment to reveal the natural freedom of the body, particularly the spine. Suitable for all levels.

Yin yoga

The perfect complement to a more dynamic (yang) yoga practice and busy city life, yin yoga opens the body through focusing on long-held passive floor poses combined with breathwork and meditation. This class is a deep practice targeting the connective tissues, such as the ligaments and joints that are not always exercised in a more active yoga class. Suitable for all levels.

Yang and yin yoga

This class will offer mindful yang movement to cleanse stress from your day, followed by gentle yin postures and meditation to soothe and harmonise. It will be open to anyone wishing to re-centre with ease and prepare for sleep.

Meditative flow

This class incorporates slow-flowing movement and breath work to optimise physical and emotional well-being. Expect meditative music and sounds, mantras and breathing practices. Suitable for all levels.

Slow flow

A deep meditative asana flow interspersed with longer holds, breath work and meditation to quiet the mind. You will build up heat but also rest and restore deeply. Suitable for all levels.

Vinyasa

A more athletic style of flow yoga involving continuous movement. Suitable for those with an intermediate-level practice.

The Soul Sessions

Vinyasa flow yoga woven with visualisation techniques, music and meditation.

Kundalini yoga and gong bath

Kundalini yoga is considered to be the most comprehensive of yogas, combining powerful breathing techniques, postures, mantras and meditation. Practising kundalini yoga keeps the body in shape and trains the mind to be strong and flexible in the face of stress and change. It boosts blood flow, strengthens the nervous system, and reduces stress-induced toxins such as adrenaline and cortisol. Suitable for those with an intermediate-level practice.

Sound bath and meditation

You will be guided through pranayama and meditation, before you lie down and submerge yourself in the healing sounds of the gong and crystal bowls to release blockages and allow your mind to truly switch off. A sound bath can help release stress, anxiety, trauma and can help with sleep issues.