

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Private sessions are also available for yoga, meditation, sound healing and personal training Pre-book only	Private sessions are also available for yoga, meditation, sound healing and personal training Pre-book only	Private sessions are also available for yoga, meditation, sound healing and personal training Pre-book only	Private sessions are also available for yoga, meditation, sound healing and personal training Pre-book only	Private sessions are also available for yoga, meditation, sound healing and personal training Pre-book only	Private sessions are also available for yoga, meditation, sound healing and personal training Pre-book only	Private sessions are also available for yoga, meditation, sound healing and personal training Pre-book only
Haybarn Hatha Yoga 9.30 – 11.00	Haybarn Hatha Yoga 9.30 – 11.00	Haybarn Traditional Yoga 9.30 – 11.00	Haybarn Dynamic Yoga 9.30 – 11.00	Haybarn Hatha Yoga 9.30 – 11.00	Haybarn Traditional Yoga 9.30 – 11.00	Haybarn Pilates 10.00 – 11.00
Haybarn Beginners Yoga 11.30 – 12.30	Haybarn Beginners Yoga 11.30 – 12.30	Haybarn Beginners Yoga 11.30 – 12.30	Iyengar Yoga with Tanya Hawkes 9.30 – 11.00	Haybarn Beginners Yoga 11.30 – 12.30	Haybarn Pilates 10.00 – 11.00	Haybarn Mindfulness 10.00 – 11.00
Haybarn Pilates 12.00 – 1.00	Haybarn Pilates 12.00 – 1.00		Haybarn Beginners Yoga 11.30 – 12.30	Haybarn Pilates 12.00 – 1.00	Haybarn Adult and Child Yoga 11.30 – 12.30	Haybarn Traditional Yoga 10.00 – 11.30
Haybarn Mindfulness 1.30 – 2.30	Haybarn Mindfulness Meditation 1.30 – 2.30		Yin Yoga with Jo Fellows 6.30 – 7.30	Jamie Francis Pilates 1.15 – 2.15	Haybarn Beginners Yoga 11.30 – 12.30	Haybarn Beginners Yoga 11.30 – 12.30
Haybarn Sound Healing 2.30 – 3.30	Haybarn Sound Healing 2.30 – 3.30		Jamie Francis Pilates 7.30 – 8.30  *This class is term time only, please see the website or reception team for full date listing	Haybarn Restorative Yoga 1.30 – 2.30	Haybarn Sound Healing 2.30 – 3.30	Haybarn Hatha Yoga 11.30 – 1.00
Haybarn Hatha Yoga 3.30 – 5.00				Haybarn Sound Healing 2.30 – 3.30	Haybarn Hatha Yoga 3.30 – 5.00	Haybarn Traditional Yoga 2.00 – 3.30
				Haybarn Mindfulness 3.30 – 4.30	Haybarn Mindfulness Meditation 5.00 – 6.00	
				Haybarn Traditional Yoga 3.30 – 5.00		

\*Please turn over for further information on our classes. If you have any questions or wish to make a booking, please visit our website: [bamford.com](http://bamford.com) or call the Haybarn Spa on 01608 731 703

\*Our classes have been created by individual teachers to work with their particular skill set, so there may be rare occasions when a class time changes or is not available for a short period due to the teacher being away or unavailable. We will always do our best to cover these classes and the teacher or class change will be clearly shown.

\*Our group yoga classes are not suitable for pregnant women. One-to-one yoga classes may be booked between 12 – 36 weeks. If you regularly attend classes at the Haybarn please ensure that you let your instructor know so that you can make a plan together about how to continue your practice during this time.

## HAYBARN CLASSES

Our Haybarn classes are taught by our resident yoga, meditation and fitness masters Vettri Selvan, Sumontha Samritphong and Cristina Chandika Ma.

**Hatha yoga** 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 time) quiets the mind and brings the body to its own natural state of balance and peace. Suitable for all levels.

**Beginners yoga** Ideal for anybody new to yoga, this class involves basic opening, balancing and sun salutation poses. Yogic breathing techniques to help bring energy and rhythm to the practice.

**Pilates** Designed to improve core strength and posture, pilates is often referred to as body sculpting. Focusing on controlled alignment and working within a range of motion, pilates is a safe and effective method to strengthen the body and is particularly beneficial to those with injuries and dealing with back pain. This class is suitable for all, however we would suggest a one-to-one session before you join the class to work on technique and posture.

**Traditional yoga** Including body postures, breathing techniques and guided relaxation, this class is ideal for beginners or those with an intermediate-level practice.

**Dynamic yoga** A modern and more athletic style of flow yoga (vinyasa) involving continuous movement. More suited to experienced and confident yogis.

**Adult and child yoga (for children aged 5 – 12)** Postures are named after animals and other creatures to help maintain the child's focus on the instructions. Breathing and deep relaxation techniques throughout leave both parent and child feeling relaxed and peaceful. Suitable for all levels and abilities.

**Sound healing** Using alchemy crystal singing bowls, this class uses sound waves and frequency to create a feeling of deep relaxation and takes you to a meditative state. Perfect for alleviating stress, sleep challenges and bringing an all-round feeling of calm and peace. Suitable for all.

**Mindfulness meditation** Mindfulness is the ability to focus on the present moment and interpret what is going on in our mind, body and the world around us. This class will help you develop mindfulness techniques to include in your everyday life to reduce stress and support a healthy balanced mind. Suitable for all.

**Restorative yoga** By practising stillness and gentle movement for extended periods of time you centre your breath and body and align your physical and mental well-being. This class is beneficial to anyone working on light injuries or has an interest in strengthening their body. Suitable for all levels.

## ADDITIONAL CLASSES

**Iyengar Yoga with Tanya Hawkes** Iyengar yoga focuses on alignment and breath work to develop grace, strength and flexibility. Tanya's teaching style is a heart-centred approach that focuses on well-being and quietness of mind. Tanya has been practising and teaching yoga for 24 years.

**Pilates with Jamie Francis** Jamie is a qualified sport and exercise scientist who promotes a style of pilates that focuses on strengthening the body's core and spine. Jamie introduces movement which connects associated parts of the body, while supporting the core, resulting in strength and stability. This class is also suitable for beginners.

**Yin Yoga with Jo Fellows** Yin yoga classes consist of a series of passive floor poses that are held for long periods and predominantly work the lower body – the hips, pelvis, inner thighs and lower spine. Poses are held for up to 5 minutes, sometimes longer. Yin yoga allows us to heal our heart and mind, while allowing us time to sit within ourselves just to be still, balance and listen to our body. Yin yoga is for you if you are tired and craving energy; you're over-stimulated and have too much energy; or if your mind is overactive or your energy levels erratic. Jo is a highly experienced yoga teacher and also a qualified reiki master. This class is suitable for all levels.