

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
9.30 - 11.00 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	10.00 - 11.30 Haybarn Traditional Yoga
11.30 - 12.30 Haybarn Beginners Yoga	11.30 - 12.30 Haybarn Beginners Yoga	11.30 - 12.30 Haybarn Beginners Yoga	9.30 - 11.00 Iyengar Yoga with Tanya Hawkes	11.30 - 12.30 Haybarn Beginners Yoga	9.30 - 10.30 Haybarn Thai Stretching	10.00 - 11.00 Haybarn Pilates
12.00 - 1.00 Haybarn Pilates	12.00 - 1.00 Haybarn Pilates	1.30 - 2.20 CORE with James Golden	11.30 - 12.30 Haybarn Beginners Yoga	12.00 - 1.00 Haybarn Pilates	10.30 - 11.30 Haybarn Pilates	10.00 - 11.00 Haybarn Mindfulness Meditation
1.30 - 2.30 Haybarn Mindfulness Meditation	1.30 - 2.30 Haybarn Mindfulness Meditation			1.15 - 2.15 Pilates with Jamie Francis	11.30 - 12.30 Haybarn Adult & Child Yoga	11.30 - 12.30 Haybarn Beginners Yoga
2.30 - 3.30 Haybarn Sound Healing	2.30 - 3.30 Haybarn Sound Healing			1.30 - 2.30 Haybarn Restorative Yoga	11.30 - 12.30 Haybarn Beginners Yoga	11.30 - 1.00 Haybarn Hatha Yoga
3.30 - 5.00 Haybarn Hatha Yoga			6.30 - 7.30 Yin Yoga with Jo Fellows	2.30 - 3.30 Haybarn Sound Healing	2.30 - 3.30 Haybarn Sound Healing	1.00 - 2.00 Haybarn Sound Healing
			7.30 - 8.30 Pilates with Jamie Francis*	3.30 - 4.30 Haybarn Mindfulness Meditation	3.30 - 5.00 Haybarn Hatha Yoga	2.00 - 3.30 Haybarn Traditional Yoga
				3.30 - 5.00 Haybarn Traditional Yoga	5.00 - 6.00 Haybarn Mindfulness Meditation	1.00 - 2.00 Haybarn Sound Healing

* This class is term time only, please see the website or reception team for full date listing

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

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.co.uk or call The Haybarn Spa on 01608 731 703

As our classes have been created by individual teachers to work with their particular skill set, there may be rare occasions a class time changes or is cancelled for a short time period due to the teacher being unavailable. We will always do our best to cover these classes & 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 together you can make a plan about how to continue your practice during this exciting time.

CLASSES

BEGINNERS YOGA

THIS CLASS INVOLVES BASIC OPENING, BALANCING & SUN SALUTATION POSES. USING TECHNIQUES TO BALANCE THE WHOLE BODY FROM SHOULDERS TO LEGS, WHILST USING YOGIC BREATHING TECHNIQUES TO HELP BRING ENERGY & RHYTHM TO THE PRACTICE.

THAI STRETCHING

THIS CLASS IS DESIGNED TO REALLY STRETCH & STRENGTHEN THE MUSCLES, CREATING WARMTH & EASING TENSION NATURALLY GATHERED. THE PURPOSE IS TO INCREASE BLOOD CIRCULATION & RELIEVING TENSION THAT BUILD UP. YOU WILL GRADUALLY FEEL MORE FLEXIBLE & SUPPLE, AVOID INJURY AND SUPPORT ANY ADDITIONAL EXERCISE.

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) QUIETS THE MIND AND BRINGS THE BODY TO ITS OWN NATURAL STATE OF BALANCE AND PEACE. SUITABLE FOR ALL LEVELS.

TRADITIONAL YOGA

TRADITIONAL YOGA INCLUDES BODILY POSTURES, BREATHING TECHNIQUES & GUIDED RELAXATION. THIS CLASS IS IDEAL FOR BEGINNERS TO INTERMEDIATE.

DYNAMIC YOGA

A MODERN & MORE ATHLETIC STYLE OF VINYASA YOGA. VINYASA MEANS FLOW SO THIS CLASSES INVOLVES CONTINUOUS MOVEMENT. MORE SUITED TO AN EXPERIENCED & CONFIDENT YOGI.

ADULT & CHILD YOGA

CHILDREN AGED 5 – 12. PARENT & CHILD YOGA CLASSES CREATES A NON-COMPETITIVE PHYSICAL ACTIVITY WITH MANY POSTURES NAMED AFTER ANIMALS TO HELP TO MAINTAIN THE CHILD'S FOCUS ON THE INSTRUCTIONS. BREATHING & DEEP RELAXATION TECHNIQUES THROUGHOUT LEAVE BOTH PARENT & CHILD FEELING RELAXED & PEACEFUL. SUITABLE FOR ALL.

SOUND HEALING

USING ALCHEMY CRYSTAL SINGING BOWLS, THIS CLASS USES SOUND WAVES & FREQUENCY FOR DEEP RELAXATION THAT TAKES YOU TO A MEDITATIVE & SLEEP STATE. IS PERFECT FOR AIDING STRESS, SLEEP CHALLENGES & BRINGING AN ALL-ROUND FEELING OF CALM & PEACE TO YOURSELF. SUITABLE FOR ALL.

MINDFULNESS MEDITATION

MINDFULNESS IS THE ABILITY TO SEE WHAT'S GOING ON IN OUR MINDS, BODIES & THE WORLD AROUND US. THIS CLASS WILL HELP YOU DEVELOP TECHNIQUES TO INCLUDE IN YOUR EVERY DAY LIFE TO ALLEVIATE STRESS & SUPPORT A HEALTHY BALANCED MIND. SUITABLE FOR ALL.

RESTORATIVE YOGA

RESTORATIVE YOGA IS THE CENTERING OF YOUR BREATH & BODY, ALIGNING THE PHYSICAL & MENTAL WELLBEING BY PRACTICING STILLNESS & GENTLE MOVEMENT FOR EXTENDED PERIODS OF TIME. THIS CLASS IS BENEFICIAL TO ANYONE WORKING ON LIGHTER INJURIES OR JUST GENERAL INTEREST IN STRENGTHENING THE BODY. SUITABLE FOR ALL.

IYENGAR YOGA WITH TANYA HAWKES

IYENGAR YOGA FOCUSES ON ALIGNMENT & BREATH WORK TO DEVELOP GRACE, STRENGTH & FLEXIBILITY. TANYA'S TEACHING STYLE IS A HEART CENTRED APPROACH WHICH DEVELOPS WELLBEING & QUIETNESS OF MIND. TANYA HAS BEEN PRACTICING & TEACHING YOGA FOR 24 YEARS.

PILATES WITH JAMIE FRANCIS

JAMIE IS A QUALIFIED SPORT & EXERCISE SCIENTIST WHO PROMOTES A STYLE OF PILATES THAT FOCUSSES ON STRENGTHENING THE BODY'S CORE & SPINE. JAMIE INTRODUCES MOVEMENT TO CONNECT ASSOCIATED PARTS OF THE BODY, WHILST SUPPORTING THE CORE WHICH RESULTS IN STRENGTH & STABILITY. THIS CLASS SUITABLE FOR ALL.

YIN YOGA WITH JO FELLOWS

A YIN YOGA CLASS CONSISTS OF A SERIES OF LONG-HELD, PASSIVE FLOOR POSES THAT MAINLY WORK THE LOWER PART OF THE BODY. YIN YOGA IS A BEAUTIFUL PRACTICE THAT ALLOWS US TO HEAL BOTH OUR HEART & OUR MIND, WHILST ALLOWING TIME TO SIT WITHIN OURSELVES TO JUST BE STILL, BALANCE & LISTEN TO THE BODY. JO IS A HIGHLY EXPERIENCED YOGA TEACHER & ALSO A QUALIFIED REIKI MASTER. SUITABLE FOR ALL.

CORE WITH JAMES GOLDEN

A WORKOUT THAT TONES YOUR BACK, BUTTOCKS & ABS OBLIQUES. INCREASE YOUR CORE STRENGTH BY TARGETING THE MUSCLES IN YOUR LOWER BACK, GLUTES AND PELVIS ABDOMEN. A DYNAMIC MIXTURE OF PLANKS, TWISTS, CRUNCHES, EXTENSIONS TO THOSE VITAL AREAS TO INCREASE OVERALL STABILITY. YOU WILL SEE IMPROVEMENT TO YOUR POSTURE, BALANCE AND PERFORMANCE. A STRONG CORE WILL ALSO REDUCE THE RISK OF INJURY, PROTECTS YOUR SPINE AND HELPS BACK PAIN.